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Army West Point Wrestling

ALUMNI QUARTERLY NEWSLETTER

From the Editor in Chief

W By Larry Baltezore '72

Greetings fellow alumni and welcome to the 2nd edition of our Army West Point Wrestling Alumni Newsletter.

So here we are at the start of another exciting season. Since our August newsletter, the team has been hard at work in preparation for the upcoming season. You may have already seen that we had an excellent showing at the Princeton Open with three champions, a runner-up and several other podium finishes. Obviously a good omen of things to come.

The Army Wrestling team then headed to Charleston, SC on November 8th for an exciting day of competition on the deck of the carrier, USS Yorktown. In the first Throwdown on the Yorktown match Army dominated Gardner—Webb but unfortunately the second match with the Citadel had to be cancelled for safety reasons.

Turning attention to this newsletter, we are excited to use this platform to introduce our new team captains, share some recent accomplishments related to the WPWC team members, provide a glimpse into the US-MAPS pipeline and touch upon a few other topics that you may find interesting.

I hope you enjoy reading our publication as we continually strive to strengthen the Army Wrestling brotherhood and keep our wrestling community, informed and connected.

Larry Baltezore '72

Do you have Alumni Related News To Share? Please send contributions to:

Alumni.newsletter@westpointwrestlingclub.org

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Coaches Corner

By Army Wrestling Head Coach Kevin Ward

And so it begins, we are off and running with a solid performances at the Princeton Open and a good result in our dual against Gardener-Webb in our throwdown on the Yorktown. Unfortunately there was too much condensation on the mat surface, and it prevented us from wrestling the Citadel. I am sure they were just as disappointed as we were that the match didn't take place. Even with the team's initial success, there is still much work to be done if we want to improve on last year's record.

Although on paper we look like an experienced team, we will have plenty of new faces in the lineup, and some familiar faces at new weight classes. So one of the challenges we are going to have is to make sure that our younger and less experienced guys develop quickly to get on the level of our returning national qualifiers: Filipowicz, Berginc, Stoddard, and Basile. If you remember back to the beginning of last year, I don't think anyone would have predicted our three plebes would have been in the top 30 in the country at the end of the year. The same thing is probably true this year. So we need to develop those young guys so they can put themselves in contention by March. And we have a unique combination of some weight classes with very competitive depth, and some weight classes that have less depth than we are used to. So don't be surprised if there are some weight class changes through the season.

It's been my decision to make more than two Team Captains for the last several years as I think it gives our younger guys a chance to develop their ability to lead before they are seniors, and gives our younger guys more time to set the example we want the wrestlers in our program to emulate. In keeping with that decision team captains for the 2024/25 season are Firsties: **Dalton Harkins** and **Daniel Uhorchuk** and Cows: **Ethan Berginc** and **Charlie Farmer**.

All of these guys have distinguished themselves as leaders in the locker room and on the mat. Each have their own leadership style and individual strengths but one thing they all have in common is that they are intensely driven, they love the team and their teammates, and they are passionate about seeing Army Wrestling succeed.

Finally, I appreciate what several of our Wrestling Alumni have done to help move the Wrestling Program forward, but I know that there are a lot more of you out there. So I urge the rest of you to get involved! Whether than means making a gift on Giving Day, purchasing tickets for home competitions, or engaging in the coaches' Zoom calls. We need our alumni to make intentional effort to stay connected and stay involved with our program. Your support enables our success.

Now let's all go out there and move forward together as we seek victories over Purdue and the University of Buffalo. BHAW!

Introducing the Leaders of Army Wrestling—Team Captains for 2024/25



Dalton Harkins '25 Hometown: West Chester, PA High School: Malvern Prep Prep Accolades: Ironman Champion, Beast of the East Champion, Prep School Champion

Why did you choose to attend West Point? I chose West Point to pursue my wrestling goals and the opportunity to become a future army officer.

What impact do you desire to have as a Team Captain? I hope to be a leader by example and help contribute to being the most positive team in the country.

An interesting fact - My Dad, Kyle Swartz, and I had to drive from Philadelphia to Iowa City over night for the Soldier Salute because our flights got canceled twice.



Daniel Uhorchuk '25 Hometown: Signal Mountain, TN High School: Signal Mountain High School Prep Accolades: 4x TN State Champ, NHSCA Runner-Up

Why did you choose to attend West Point? I chose to attend West Point because I wanted to pursue harder challenges and unique opportunities that West Point would provide.

What impact do you desire to have as a Team Captain? To positively impact my teammates, especially the younger guys so that we can provide the most positive experience in the NCAA this year.

An interesting fact - My favorite book is Chop Wood, Carry Water.



Ethan Berginc '26 Hometown: Jeannette, PA High School: Jeannette Senior High School Prep Accolades: 2x PA state place winner (1st and 3rd)

Why did you choose to attend West Point? I chose West Point to chase my dreams of becoming an All-American and serving in the Army.

What impact do you desire to have as a Team Captain? Become a leader that people look up to and can always reach out to for advice.

An interesting fact - I didn't wrestle for the same high school I went to, Co-op-ed with a neighboring school district because we didn't have a program .



Charlie Farmer '26 Hometown: Coal Valley, IL High School: Moline High School Prep Accolades: Fargo and Super 32 placer

Why did you choose to attend West Point? I chose West Point to become a National Champion and serve my country.

What impact do you desire to have as a Team Captain? I just want to be known as a leader that leads by example.

An interesting fact - Everyone on the team calls me Chuck.

Army West Point 2024-25 Wrestling Schedule

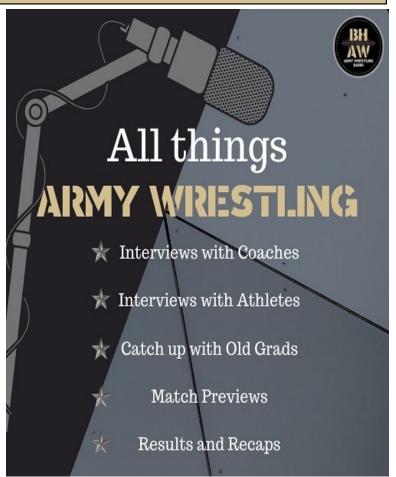
<u>Date</u>	<u>Time</u>	<u>Opponent</u>	<u>Location</u>
Nov 3 (Sun)	All Day	Princeton Open	Princeton, NJ
Nov 8 (Fri)	5:00 p.m.	The Citadel	USS Yorktown Mount Pleasant, SC
Nov 8 (Fri)	TBD	Gardner-Webb	USS Yorktown Mount Pleasant, SC
Nov 10 (Sun)	All Day	Journeymen Round Robin	Bethlehem, PA
Nov 17 (Sun)	10:00 a.m.	Purdue	Buffalo, NY
Nov 17 (Sun)	2:00 p.m.	Buffalo	Buffalo, NY
Nov 24 (Sun)	All Day	Black Knight Invitational	West Point, NY (Christl Arena)
Dec 6 (Fri)	9:00 p.m.	Iowa	St. Charles, Mo. (Francis Howell HS)
Dec 13 (Fri)	6:00 p.m.	Morgan State	Baltimore, MD
Jan 4 (Sat)	All Day	Southern Scuffle	Chattanooga, TN
Jan 10 (Fri)	All Day	David Lehman Open	Lancaster, PA
Jan 12 (Sun)	12:00 p.m.	LIU	Brookville, NY
Jan 19 (Sun)	1:00 p.m.	American	Washington, DC
Jan 26 (Sun)	TBD	Bucknell	TBD
Feb 1 (Sat)	7:00 p.m.	Lehigh University	Bethlehem, PA
Feb 16 (Sun)	TBD	Navy	West Point, NY (Christl Arena)
Feb 23 (Sun)	TBD	Binghamton	West Point, NY (Christl Arena)
Mar 7&8 (Fri/Sat)	All Day	EIWA Championships	Bethlehem, PA
Mar 20 (Thu)	All Day	NCAA Championships	Philadelphia, PA (Wells Fargo Ctr)
Mar 21 (Fri)	All Day	NCAA Championships	Philadelphia, PA (Wells Fargo Ctr)
Mar 22 (Sat)	All Day	NCAA Championships	Philadelphia, PA (Wells Fargo Ctr)

Home Events Noted in Blue

Over the past several years, many Army Wrestling fans have been enjoying watching and listening to the Army Wrestling Team podcast known as BHAW RADIO. This podcast helps promote, inform, and strengthen the bonds of "Brotherhood" among current wrestlers, wrestling alumni, and other members of the Army Wrestling Community. (For anyone that may not know BHAW stands for Brotherhood, Heart, Attitude, and Warrior and is an acronym that embodies what being a member of the West Point Wrestling Team is all about.)

But what can people expect when they check out BHAW Radio? You can find all sorts of things ranging from discussions with the coaching staff pertaining to the current season, to interviews with prior Army wrestlers and coaches, to discussions about the West Point Wresting Club and RTC. In others words you will find all kinds of things about Army Wrestling.

We want to ensure that all our readers are aware of this excellent resource for Army Wrestling fans. To acquaint you with all that BHAW Radio has to offer, we were able



to interview Brian Rowan ('09) (aka B Row), the co-founder, producer and Host of BHAW RADIO.

EB: Before we get started, Brian, we would like to congratulate you on a very good golf outing at the Army Wrestling Golf Scramble!

BR: Well, thank you, but you know you can never trust golf stories!

EB: That is definitely true! Brian, thank you so much for taking the time to share with us and our readers about BHAW RADIO.

- BR: It's a pleasure. Thank you for having me.
- EB: Brian, to let our readers know a little about you, where are you from and when did you start wrestling?
- BR: I am from Pennsylvania. I started wrestling in kindergarten.
- EB: Any truth to the rumor that you were still competing until not too long ago?

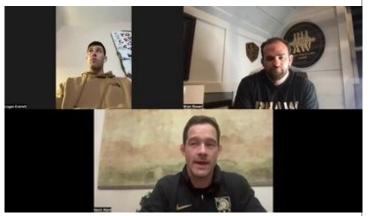
BR: Yes. My last competitive match was in April 2023 at age 37. Some of my friends tried to get me to enter the Midlands more recently but I regained my sanity and did not make that mistake!

EB: Wow! That is great! Brian, please tell us how did you end up going to West Point?

BR: My dad served in the Army, but I would not say that I came from a "military" family. However, my best friend (who was one year older than me) and I wrestled together our entire childhood, and he really wanted to go to a service academy. He wound up getting into USMAPS. I was recruited by Coach Chuck Barbee in high school, and he told me I could follow the same route as my friend the next year and I wound up doing so.

- EB: I am glad you had a good friend who got you interested in West Point!
- BR: I am also!
- EB: Brian let's get to it. When did you start BHAW RADIO?
- BR: After a few months of planning and preparation, our first episode was produced on Memorial Day, 2020.
- EB: What is the mission or main purpose and goals of BHAW RADIO?

BR: We have several goals. They include attempting to bring recent news concerning the Army Wrestling Team in a more modern format, to discuss different topics that the coaching staff deems important and timely, to help bridge generational gaps between different Army Wrestling alumni, to help tell the story of the proud history of Army Wrestling, and to



Hosts Brian Rowan (R) and Logan Everett (L) talking with Coach Ward

educate our audience about different aspects of our sport and about the outlook for the 2024/25 season. Army Wrestling in particular.

EB: I have found your podcasts to be a true blessing. I personally have learned so much from the guests you have had on your show. This includes the Army Wrestling coaching staff as well as from many of the older grads who have discussed their experiences with Army Wrestling and their wrestling and military careers. As somebody who has listened to and watched virtually all of your episodes, I can honestly state that you, your co-hosts, and your guests on your show are doing a great job in achieving all of your goals with the podcast.

BR: Thank you.

EB: Brian, how did you start BHAW RADIO?

BR: I have to give so much of the credit to Coach Ward and Jordan Thome ('13). It was during COVID and Jordan and I had some extra time on our hands. Jordan and Coach wanted us to try and develop something. Jordan approached me and said we could do a digital broadcast together. He is a lot more tech savvy than I am and basically showed me how to do the zoom editing and everything else required to produce a quality product. Jordan cohosted with me for several years. Coach Ward has been a big supporter of BHAW RADIO from the beginning. He

also is a frequent guest on the show. In fact, he was our guest on our first episode. During that episode, he discussed BHAW as being the team's motto and how it represents what we expect of our wrestlers and our Army officers. Coach Ward also "guested" on our two most recent (September and October) episodes. During these episodes, he provided a very nice review and discussion about our new Plebe wrestlers this year as well as reviewing our pre-season training, our in-season schedule, how our team is looking, and several other topics.

- EB: Nice. How frequently do you produce a show?
- BR: Approximately every few weeks. We tend to produce the episodes more frequently during the wrestling season and naturally less frequently during the off season.
- EB: How many total episodes have you produced?
- BR: Our most recent production (with Coach Ward as our guest as noted above) was Episode # 107.
- EB: How popular is BHAW RADIO?
- BR: We probably average 200 300 people viewing and/or listening to each episode. Again, the numbers increase during the season and are lower in the off season.
- *EB:* You mentioned Jordan Thome ('13) was your original co-host. Who have been some of the other grads who have worked with you?

BR: Tyler McLees ('16) co-hosted frequently in the past. More recently, Logan Everett ('17) has really been doing a good job. We have also had guest co-hosts that have done an excellent job filling in. These include Phil Simpson ('05) (Phil was a 3 X Army All American).

- EB: How can Army Wrestling fans tune into BHAW RADIO?
- *BR:* Spotify, Apple Podcast, and YouTube are all options. It is easy to pull up older prior episodes. Again, they can be both informative and entertaining.
- EB: Here is a tough question: Do you have a favorite episode, guest, or topic that has appeared on your show?
- BR: Wow, that is a tough one! The short answer is "No." However, as I mentioned, (Coach) Chuck Barbee recruited me and I really enjoyed reminiscing with him when he was on the program with us. We received a lot of very nice feedback after "Old Grad" Bob Steenlage ('66 an Army All American) came on our show. Bob reminded us of the inspiring career and life of Bob Arvin who was the Class of '65 Army Wrestling Team Captain. He was also Brigade Commander at West Point and posthumously received his 2nd Silver Star in Vietnam. Arvin Gym is named after him. I also really enjoyed Maurice Worthy ('02) when he spent some time with us. He is another great man and great wrestler (and former Army All American). The episode with MG Michael Nardotti ('69 and an Army All American) was particularly riveting. I also love it when Coach Ward breaks down how he wants the team to practice, his coaching methodology, and training regimen for the team.

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EB: Brian, I think it is appropriate to let our readers know what Coach Ward has to say about BHAW RADIO.

EB: Hello Coach Ward, would you please comment about BHAW RADIO?

KW: I would be glad to. BHAW RADIO was really the brainchild of Brian Rowan , Jordan Thome, and myself and was born out of our frustration that we were not receiving adequate media coverage. We decided that instead of waiting on others to cover our program, we could take it upon ourselves to start a podcast and get the word out about Army Wrestling. Since the beginning, it has really grown into a way to connect people around Army Wrestling and has had a much bigger reach and impact than we imagined. I think we were the first college program to start their own podcast and now several have followed suit. Army Wrestling continues to lead the way!

EB: Thank you, Coach.

- *EB:* If listeners or viewers have any questions or comments and want to contact you about the show, how can they do that?
- *BR:* They can reach us on social media to include Instagram and Facebook. If they have suggestions for particular guests or topics they might want covered in future episodes, they can email us at bhaw.radio@gmail.com.

EB: Brian, I want to thank you for spending time with us and educating us about BHAW RADIO. It is a great resource for all Army Wrestling fans. You are doing an awesome job. I know I represent the entire Army Wrestling Family in expressing our sincere and deep appreciation for what you have already accomplished and are continuing to do for the Army Wrestling Team and its fans. Thank you again and God bless you.

Want to hear more about Army wrestlers and coaches, check out the podcasts on BHAW Radio!



- TUNE IN TO BHAW ARMY WRESTLING RADIO SHOW -

All Things Army Wrestling—Interviews, Match Recaps, Catchups with Old Grads

Available on Spotify, YouTube, Apple Podcast, and Facebook

News from "Up the Hill" (USMAPS) By WPWC Head Wrestling Coach Jeff Breese

After considerable effort to create a schedule that meets our top priorities, here is what we believe is our schedule for 2024/25. As I mentioned last time, the NCAA qualifying system does not count matches against USMAPS as Division I matches and therefore they are looked at as wasted matches by other Division I coaches. That makes scheduling a little bit tricky at times.

USMAPS Scheduling Priorities for this Year

- Strike a balance of strong D1 events with D2 and D3 events.
- Put ourselves in more dual meet situations.
- Reduce the number of all-day open events.

USMAPS Philosophy

We use the following as our guiding principles. These are our goals and expectations for our Prepsters.

What Are We Trying to Accomplish

- Do the things necessary to become a West Point Cadet.
- Gain a deep technical outstanding of how wrestling works and how positions tie together.
- Learn how to use nutrition to manage your body weight instead of just cutting weight. Learn how what you eat dictates body weight.
- Maintain steady nutrition and hydration and avoid rapid bulking up and weight cutting.
- Love to learn and train over loving to compete.
- Learn how to compete when opportunity is presented.
 - Everything is important. Nothing is special.
 - Attack position always over shooting
 - Always get :15 sec of riding time from each start
 - Get away within :15 sec
 - Score/save points at the end of each period

Wrestling Schedule 2024/25

- 2 Nov Ned McGinley Invitational
- 9 Nov Home Event vs SUNY UTICA

16 Nov - Shorty Hitchcock Open

23 NOV: New York State Collegiate Open

8 DEC: Bob Quade Open

20 DEC: Wilkes Open

10 JAN: F&M Open

26 JAN: Mat Town Open II

30 JAN: NYMA Dual

14 FEB: Air Force Prep Dual

16 FEB: Colorado Mines Open

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News from "Up the Hill" (USMAPS)

By WPWC Head Wrestling Coach Jeff Breese

USMAPS Team Roster 2024/25

133 Damian Resendez - Crown Point, Indiana 4x Varsity Starter, 4x Indiana Place Winner (3rd, 2nd, 5th, 6th)

148 Thomas Von Eschenbach - Madison, Alabama 2x Alabama State Champion

149 Shane Reilly - West Chester, PA Senior Captain (Malvern Prep), Pa State Place Winner 3rd

149 Marcus Reum (Walk-on) - Gig Harbor, Washington 3x Varsity Starter, 1x Washington State Placer

149 Brinton Gacad (Walk On) - Bakersfield California 4x Varisty Starter

157 Casper Stewart - Batavia, NY NY State Champion, 3x Fargo All- American

157 Owen Hicks - Fonda, NY 2x Fargo All American

157 Kellen Smith - Britt, Iowa 4x state Place Winner, 3x Iowa State Finalist

165 Arvin Khosravy - Woodland Hills, California
2021 Fargo 152 Greco Champion, 2023 Greco World Team
Member, 2x 2022 5th Place UWW World Championship,
2023 Pan-Am Champion

174 Gage LaPlante - Wheatfield, NY NE Regional Champion, 3x New York State Place Winner

184 Mark Ayala - Downey, CA 2x California State Place Winner, Doc Buchanan Champion, Reno TOC Finalist

197 Brenton Russell - Indianapolis, Indiana 16u 160 Fargo Greco AA, Folkstyle AA, 2023 1x Indiana State Place Winner

197 Ryland Whitworth - Huntington Beach, California 3x California State Place Winner, NHSCA High School Champion, 2x CIF Champion

Ben Pasiuk Impact

Having NCAA All-American, former Prepster and 2LT Ben Pasiuk working with our Prepsters has been very impactful. Maybe not in the ways everyone would assume.

Yes, Benny can scrap and be a strong training partner. However, he may be most valuable as an example what to do and what could be as an Army Wrestler. He can provide an insight about West Point (particularly USMAPS) that I simply cannot as a civilian. He can be a sounding board for these young men.

He is the fun guy on staff. He starts the dodgeball game everyday before practice. He brings his big smile into the room everyday. Having a balance between coaches is important. Ben's positivity allows me to be more critical of how we need to improve without hurting the morale of the team.

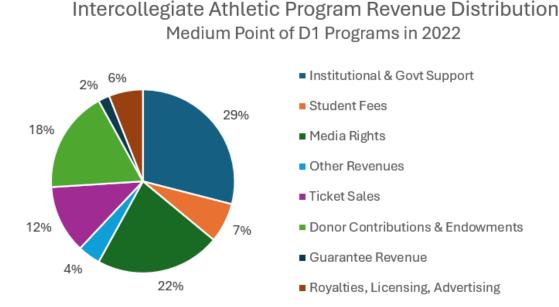
Benny also can be a teaching tool. On numerous occasions, I have been able to point to our areas of weakness and give tangible examples of when a young Ben Pasiuk struggled in that area...and he became an All-American by fixing it. Last week during practice, Ben tried to take a short cut off the bottom. He didn't get away. That gave me the opportunity to point out that even the All-American Ben Pasiuk could not escape from an 18 year old if he didn't execute correctly....so no 18 year old should expect to have success taking short cuts. If Ben can't do it, they certainly cannot.

It is sometimes hard to quantify why someone is a great member of an organization. I can't quantify all the ways Ben has been great for us. Has just has been. It will probably become more clear after he is gone. We will miss him when he heads off to do his true job as an Army officer in mid-December.

Why Army Wrestling Needs Your Support **Contributed by Douglas Williams '90**

Something You May Not Know

Long ago were the days when athletic departments relied solely on institutional support to fund college athletics. According to a recent analysis by the NCAA Research Office¹ Institutional & Government support contributed 29% of a typical D1 intercollegiate athletics total revenue picture. So where does an athletic department source the remainder of its funding? Perhaps not all that surprisingly, Media Rights account for the second largest source (22% of revenue), but rounding out the top three in terms of size is Donor Contributions & Endowments which account for a healthy 18% of the typical annual revenue.



- Institutional & Govt Support
- Student Fees
- Media Rights
- Other Revenues
- Ticket Sales
- Donor Contributions & Endowments
- Guarantee Revenue
- Royalties, Licensing, Advertising

Our alma mater is no different. Last year (2023), donor contributions accounted for 15% of the Army West Point Athletic Associations total revenue as outlined in their Annual Financial Statements.²

While institutional funding covers basic program costs, donor contributions play a critical role in addressing incremental needs that often outpace athletic department allocations. "Your donations provide the 'margin of excellence' needed to deliver an exceptional experience for our wrestlers and ultimately be able to chase greatness," describes Head Wrestling Coach Kevin Ward.

Furthermore, contributions to Army Athletics provide the means to fund critical differentiators as it competes to attract new recruits in the evolving age of collegiate athletics.

Margin of Excellence In Action

Donor contributions over the past twelve months have made it possible to:

- Hire professional services to improve quality of Army Wrestling digital content distributed through social media.
- Send cadet/athletes to U23 World Championships, U23 PanAm Championships, and U20/U23 US Nationals.
- Participate in training opportunities at the US Olympic Training Centers (Colorado Springs, CO) and NC State University (Raleigh, NC).
- Provide continued support of three senior-level, West Point Regional Training Center athletes.

Why Army Wrestling Needs Your Support Contributed by Douglas Williams '90

Many readers of this article are likely alumni themselves of the Army Wrestling program, having participated in the sport while attending West Point. Undoubtedly, you can attest to the valuable life skills forged through the crucible of Army Wrestling. Now as benefactors of those skills, it's critical to understand that the Army Wrestling Program depends ever more heavily on alumni such as yourself to support the program. Doing so allows the Army Wrestling program to offset budgetary gaps, continue to strengthen its capabilities and ultimately make it possible for the cadet/athletes to succeed at the highest levels of competition.

Ways to Give

First, a note of gratitude should be expressed to all the Army West Point Wrestling fans for their previous contributions and unwavering support!

Several pathways exists for those interested in providing financial assistance to the Army Wrestling Program. Donations can be made through the **West Point Association of Graduates** (WPAOG) and/or the **West Point Wrestling Club** (WPWC). The primary difference between these two funding mechanisms lies in how donations are permitted to be used. Gifts made through WPAOG subsidize USMA's NCAA wrestling program expenses, whereas gifts to WPWC primarily support the West Point Regional Training Center (Editor's note: please see August 2024 Army Wrestling Alumni Newsletter for an in-depth discussion about the WPWC.)

Two WPAOG funds directly benefit the Army Wrestling program: the **Army Wrestling Team Endowment** and the **Army Wrestling Team Fund**. The Army Wrestling Team Endowment aims to create a legacy and ensure financial stability. Contributions to the endowment are invested, and the returns allocated to the wrestling program for capital and operational needs. In contrast, contributions to the Army Wrestling Team Fund are made immediately available to meet the team's needs.

Currently, the Army Wrestling Team Endowment has a balance nearing \$3 million. Recent contributions, class initiatives such as the '72 Wrestling Endowment Fund Drive, and steady returns on invested capital have contributed

to this growth. Based on this trajectory, both the Army West Point Athletics Department and WPAOG have set a goal to reach a \$5 million endowment balance by the end of 2025.

WPAOG has also announced a set of wrestling-related Funding & Recognition Opportunities. These include the endowment of coaching positions and facilities. Individuals or groups of donors, such as alumni classes, may want to consider using these opportunities as a focal point for rallying support behind the Army Wrestling Program.

Funding & Recognition Opportunities (Wrestling Team Endowment / Fund) Wrestling Head Coach Naming (currently under consideration)..........\$1,000,000

(currently under consideration)	\$1,000,000
Wrestling Assistant Coach Naming	\$500,000
Coach's Office Suite	\$350,000
Wrestling Lobby/Reception Area	\$250,000
Locker Room Naming	\$250,000
Lockers	\$10,000 ea.

Army Athletics Giving Day

Army West Point Athletics Giving Day is a one-day opportunity for members of the Army West Point family to join in support of the cadet-athletes. This year, Army West Point Athletics Giving Day will take place on Tuesday, December 3rd. In the lead-up to this event, you can expect email announcements from the WPAOG, posts on Army West Point social media channels, and perhaps even a reminder from former teammates.

Why Army Wrestling Needs Your Support Contributed by Douglas Williams '90

This year, the specific goal for Army Wrestling is to achieve \$250,000 in contributions. This goal is segmented into two specific areas of need:

First, raise \$50,000 in contributions to the Army Wrestling Team Fund. As mentioned previously, donations into the team fund are available immediately for Coach Ward to use in support of current operational needs. For instance:

•A gift for \$100 would fund entry fees of an athlete at an open tournament

•A gift of \$250 would cover meals and allowances for a wrestler during an away event

•A gift of \$1,000 would cover the typical cost of a weekend recruitment visit to USMA

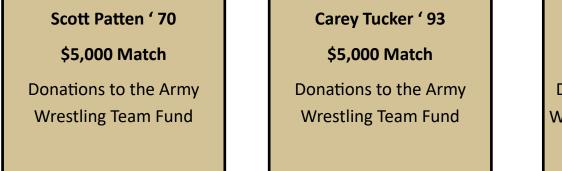
•A gift of \$5,000 would stock the wrestling room food pantry for a month during the season

Secondly, and of equal importance, a goal to raise the remaining \$200,000 required to fully endow our Army Wrestling Head Coach position. Over the past several years, the Class of '72 has been instrumental in rallying behind the endowment of this restricted use fund. At present the endowment balance is approximately \$800,000. Upon reaching \$1M, the position is considered fully endowed. As an incentive to reach the \$1M threshold during Athletics Giving Day, the Class of '72 will match \$2 for every \$1 donated to the Class '72 Wrestling Endowment Fund up to the total match of \$100,000.

While a \$250,000 goal may seem a bit daunting, with close to 1,200 Army wrestling alumni living around the world, the ability to achieve this goal becomes much more practical when the Brotherhood rallies behind the program.

In closing, the Army West Point Wrestling program appreciates your unwavering support and ongoing commitment to our cadet-athletes. Every donation, no matter the size, is important and appreciated. Join on December 3rd and make this year's Athletics Giving Day the most successful one yet!

A Special Thank-You To The Following Army Wrestling Supporters For Sponsoring Donation Matches This December



Class of '72 \$100,000 Match

Donations to the Class '72 Wrestling Endowment Fund

^{1 &}lt;u>Finances of Intercollegiate Athletics Dashboard</u>, December 2023, NCAA Research Office. Retrieved from https://www.ncaa.org/sports/2019/11/12/finances-of-intercollegiate-athletics-database.aspx

^{2 &}lt;u>Army West Point Athletic Association Inc, Financial Statements & Uniform Guidance Schedules Together with Independent Auditors' Report, June 30 2023 and 2022</u>. pg 5.Retrived from https://app.fac.gov/dissemination/search/

West Point Wrestling Club News By LTC (R) Todd Messitt '87

The West Point Wrestling Club and Regional Training Center is turning heads as our athletes continue to show up and show out on the national and international stages.

At the U23 World Championships in Albania in October, the WPWC had two wrestlers finish in 5th place. Cadet Lucas Stoddard and RTC athlete Sophia Macaluso are disappointed that they didn't finish with a medal, but just let it sink in for a moment ... 5th IN THE WORLD! WOW! We are so proud of these two US National Champions and looking forward to their next conquest.

While the Army Team was competing on the deck of the USS Yorktown, we sent a small contingent to the Bill Farrell Memorial International at the New York Athletic Club. Cadet Joe Couch stood tall against an international field. In true West Point fashion, Joe never quit and scored a last-second throw to beat the reigning US Junior National Champion enroute to bringing home the gold. RTC athlete Fabian Gutierrez lost a nail-biter semifinal match, but came back strong to claim the bronze.

Not only are we gaining invaluable high-level experience through WPWC-funded events such as these, but our studs bring their lessons learned back to the Army Wrestling room to help their teammates develop. A definite win-win.

About a year ago, Vayle-rae Baker and Sophia Macaluso joined the RTC to jump-start our women's program and to bring women's wrestling to our Cadets. While representing the WPWC, they both won US National Championships, and now their coaching efforts have come to fruition. For the first time, women Cadet-athletes competed in a collegiate tournament under the WPWC banner, and like their male counterparts, they proudly represented on the fields of friendly strife with Ava Purifoy placing third at the Princeton Open (Ava is also a Brigade Boxing Champ!). Congratulations to all who competed.

Finally, a heartfelt THANK YOU to all who participated or sponsored our 14th Annual Golf Scramble. It was a truly memorable weekend with the proceeds supporting our Cadet and RTC athletes as they Chase Greatness – a full recap of the golf scramble can be found here: <u>https://army-wrestling-insiders.ghost.io/14th-annual-wpwc-golf-scramble-recap/</u>



This past season Army wrestler and co-captain Ben Pasiuk became an All American (AA) in the very competitive 174 lb. weight class at the 93rd NCAA Wrestling Championships held in Kansas City, Missouri on March 21-23, 2024. This achievement represented the culmination of four years of hard work during his truly outstanding Army wrestling career during which he also had great success in his academic studies and military responsibilities.

To find out more about this outstanding young man and his remarkable career, we first approached Army Head Wrestling Coach Kevin Ward (KW) and asked him to comment about his star wrestler.

KW): Obviously Ben was a really big part of our team's growth and success over the past 4 years and you can never replace an athlete like that. But we are confident that his impact on the program means that someone else will be able to step in and have an even better career than he did. That is one of the best compliments you can give a leader of a team - that the next guy believes more in what is possible and truly believes he can be on the podium in March. Ben did it. He proved it is possible. Now it is time for others to do the same.



We then spoke with Associate Head Army Wrestling Coach Scott Green (SG) to solicit his comments on the Army Co-Captain.

(SG): I am happy to talk about Ben. Ben is a testament to our ability to develop athletes. He went from a lightly recruited one time state champ to a 4x NQ and All American. Ben jumped levels his last year because of his ability to evolve technically. His club single was the perfect complement to his double leg and allowed him to score in a variety of ways at the EIWA and NCAAs. Ben is a happy go lucky kid whose positive attitude helped propel him forward during his career here. He is the type of man who likes to do it his way, but at the same time is open to feedback and coaching. He really threads the needle in that regard. His strong will and his conviction are his greatest weapons.

EB: We were recently able to catch up with Ben Pasiuk (BP) who is a very busy 2nd lieutenant. Here is a summary of our interview with him in which we reviewed his background, career at West Point, and his plans for the future.

EB: Ben, thank you for taking the time to talk with us. Many of our readers are very excited to hear from Army's most recent AA. First let me extend the congratulations of the entire Army Wrestling Family to you on your outstanding wrestling career at West Point culminating in becoming an AA. We would also like to recognize your academic and professional achievements at West Point, your recent commissioning as a 2LT, and most of all to your recent marriage to the lovely Chrissy Lawver.

BP: Thank you Sir. You are right. Chrissy is awesome!

EB: Ben, please tell our readers where you are from and at what age did you start wrestling?

BP: I am from Carrollton, Ohio. I probably started wrestling when I was 3 or 4 years old! My Dad was the local high school wrestling coach and he always had me and my two older brothers Caleb and Aidan (both also wrestled) attend his practices for as long as I can remember! Aiden became a 3 time Division 2 AA.

- Continues on Next Page -

EB: Did you play other sports while you were growing up?

BP: Absolutely. I was very big on baseball for a long time and also played football and ran track. However, I started to have some success in wrestling and by 10th grade, I decided to concentrate on this sport alone.

EB: Tell us about some of your early success.

BP: I was active in the Ohio youth wrestling programs. Interestingly, I finished runner up every year from 8th to 11th grade. I was getting kind of frustrated but finally won the state tournament my senior year.

EB: Were you highly recruited out of high school?

BP: No. I would not say highly recruited but some schools besides West Point (especially Oklahoma, Pitt, and West Virginia) did show some interest in me and invited me for visits to their respective schools.

EB: Please tell us how you wound up at West Point.

BP: I believe it is a somewhat unusual story. As I said, I was not highly recruited. However, an Army wrestler at the time (Lane Peters) who was several years older than me knew about me. We wrestled at arch rival high schools but really respected each other's wrestling ability and character. In any event, he was instrumental in prompting the Army coaches to look at me and they did! Thank you Lane!

When I took my trip to West Point, I was totally blown away by it. I found the wrestling team, the coaches, the BHAW spirit, and the academy all to be awesome. I knew it would be the best for me and my future. I did not consider any other place after my visit to Army!

EB: Did you go to USMAPS (United States Military Academy Preparatory School)?

BP: Yes. I found it to be very helpful academically as well as with my wrestling.

- EB: What was your major at West Point?
- BP: Engineering Management.

EB: I read that you were recognized as an EIWA Academic Achievement Wrestler throughout your entire wrestling career. Please share with our readers how you were able to maintain such academic excellence while undergoing the rigors of being a NCAA Division 1 wrestler as well as all your responsibilities as a cadet officer.

BP: What I believe is interesting is that I did better academically during the wrestling season then during other times of the year. I thought about this a lot and realized it was because I was so much more organized and focused during the season and did not "waste any time." I knew what I had to do and just did it (almost like "checking off a list" every day!)

EB: Ben, did you suffer any significant injuries during your wrestling career at West Point?

BP: Yes Sir. I experienced a bulging disc in my neck while at USMAPS. That was probably my worst injury. During both my Plebe year and my sophomore (Yearling) year I suffered a partial LCL tear of one of my knees. Each time it just required 6 weeks of rest and rehab. I did not require surgery. Early in my Firsty year after my first 3 matches,

I had a slight bulging of a disc in my lower back that resulted in me missing about a month of competition. I also slightly hurt my shoulder at the end of the NCAA Tournament this year. Thankfully, I was always able to eventually recover from my injuries.

EB: Your wrestling achievements are impressive and speak for themselves. They include:

- Army co-captain Junior and Senior years resulting in two Pierce Currier Foster Awards
- NCAA Division 1 AA Senior year
- National Qualifier for NCAA Tournament all 4 years
- EIWA Champion Plebe year
- Amateur Wrestling News NCAA Division 1 All Freshman Team
- 3 time EIWA finalist
- 4 time EIWA placer (Never lower than 3rd)
- Won 20 or more matches each of your final 3 years at West Point
- Won all four Star matches against Navy
- Received Mike Natvig Award as Army Team's most outstanding wrestler Senior year

EB: Ben, these are obviously outstanding achievements. Tell us how you were able to accomplish so much on your road to becoming an AA?

BP: I was a work in progress throughout my career. I did have some success as a Plebe but definitely improved with time. When I started focusing on "little things" in my wrestling, I had much better results. I was much more relaxed and had more "fun" my senior year and this also helped me to a great extent.

EB: How confident were you that you would become an AA?

BP: I was pretty confident. I always enjoyed the national tournament. Even Plebe year I won 2 matches at the NCAAs and was winning a 3rd match when I made a mistake (I was pinning my opponent but got rolled through.)

EB: Let's talk about the NCAA Tournament this past year.

BP: Well, every year I find the NCAA Championships to be the most fun and enjoyable tournament. The huge crowds and festivities make it very exciting. I realize I have worked the entire year for it and I want to "leave it all on the mat." The atmosphere and environment are truly amazing. I do not feel too much pressure and I am able to wrestle "loose.

EB: Ben, during this year's NCAA tournament, you wrestled the former National Champion, Mekhi Lewis, of Virginia Tech. By all accounts, you had him pinned and the referee even called the pin. However, after a Virginia Tech Challenge, the pin call was reversed because apparently his toe minimally touched an off the mat object and thus officially this could be classified as "interference" even though it did not affect the actual wrestling on the mat at all! I have never heard such loud booing in my life by a crowd as occurred when they reversed the pin call. Did the call really upset you and make it more difficult to wrestle further in the tournament?

BP: To be honest, it was somewhat difficult to wrestle my best with Mekhi after the match was "resumed" because I felt like I had a big adrenaline release when I "pinned" the former National Champion. However, it is a good situation to learn from. This is because in the military, in life, and in war there will often be unexpected setbacks that we cannot control. Learning how to respond is key to ensuring the best possible results and hopefully success.

EB: Did Mekhi say anything to you after the match?

BP: After we received our AA awards on the podium, he came to me and said I deserved the win because I had "beaten him." It was very nice of him to say this.

EB: As upset as I and all Army fans were with that "Interference" call, thank goodness, due to your other outstanding victories, you still became an AA!

BP: Thank you Sir.

EB: Ben, I heard both Coach Green and you previously mentioned that the "Club single" really helped you in the tournament. Would you please first explain what a club single is and how you developed it?

BP: Coach Ward drilled with me and really helped me with it the last 4-6 weeks of the season. It involves using a hard left hand "club" to the back of your opponent's neck and then basically shooting like an outside single to his right leg. It helped me get an angle on my opponents.

EB: How did it feel to be standing on the podium being recognized as an AA on the last day of the tournament?

BP: It was truly an amazing experience. My entire goal at WP was to get on the podium. I was ecstatic when I finally achieved it. What was cool was that it also brought so many grads from different classes "back together." They reminisced about their careers and prior Army All Americans. I was also happy that both Navy and Air Force also had All Americans this year. I think this helps all the service academies. It lets high school wrestlers know they can do well in wrestling while attending an academy. I also think it is interesting that the last time all three service academies had an AA in the same year was in 2003 when the NCAA Tournament was also in Kansas City!

EB: That is interesting! Ben, what has it meant to you personally to be part of the Army Wrestling Program and BHAW?

BP: The biggest thing to me is the BROTHERHOOD! My teammates will be my brothers for the rest of our lives. No other team in the country has the same connection to each other as we do. I am so glad I chose to come to West Point!

EB: Ben, do you have any more memorable events from your Army wrestling career that you would like to share with our readers at this time?

BP: Yes. I just love the way everything came together my Firsty year for the team and myself. We BEAT NAVY, finished 3rd in the EIWAs, we were rated as a team in the top 25 in the nation, Coach Ward was the EIWA Coach of the Year, and I made AA. It was a very nice way to "wrap things up."

EB: It sure is. Ben, how do you view your legacy?

BP: I would say it is more about Army Wrestling and West Point. It is not just about me. I want AAs to be a regular occurrence. I truly believe we can do it. I am pleased if I have helped with that. We have the coaching staff to mentor us and guide us. We have BHAW. We all lift each other up. No other school in the country has our brotherhood. Our RTC is taking off. The Army Wrestling Team future is bright.

EB: How does the Army Wrestling Program help you to prepare to "CHASE GREATNESS" as an Army officer?

BP: It helped instill a drive in me. I am motivated to start but I realize I certainly do not know everything. Coach Ward says we can always be a "little bit better." That is in wrestling and in the Army as well as in life. I will learn from the NCOs and others in my units with experience. I look forward to it.

EB: Is there anyone in particular that helped you in your wrestling career (and perhaps life) that you would like to mention at this time?

BP: Absolutely. My wife Chrissy has been a true Godsend to me. She supported me and was there for me my entire West Point and wrestling career during "thick and thin." Thank you Chrissy! I have incredible parents who always supported, provided for, and loved me. All of our wrestling coaches are truly great! Coach Ward, Coach Green, Coach Bleise, and Fabian and others have all poured so much into me! Even our former coaches (like Coach Abidin my Plebe year) at Army helped me so much. My teammates could not have been better. They all blessed me. I will always remember and be thankful for Gunner Filipowicz and others training with me and going through so many positions over and over again especially before the NCAAs.

EB: What advice or recommendations might you have now for present and future Army wrestlers?

BP: I would tell them to not just think about results. Instead, be committed to doing your best and improving every day. You will enjoy the experience a lot more by doing so. Your results will also improve! If you give everything you have, you can still live with yourself and not be upset if you do not reach your goals.

EB: Let's go to your more recent history after graduation. What Branch did you select?

- BP: Field Artillery.
- EB: Where are you assigned now?

BP: I am an athletic intern for 6 months. I am helping Coach Breese coach the wrestlers at USMAPS.

EB: And then?

BP: Then 4 months in BOLC (Basic Officer Leader Course) at Fort Sill. I then will apply for a slot for Ranger school prior to going to Schofield Barracks to join the 25th ID in Hawaii probably for 2-3 years.

EB: How is USMAPS going?

BP: Great. The guys are looking good. They are starting to get their weights set. Nov 2nd is their first competition

EB: Ben, is there anything else you would like to add or mention today?

BP: Thank you for reaching out to me Sir. I love what the newsletter is doing. West Point is great. It is definitely the best college in the country and I am so very glad I came here. I would feel the same even if I did not have any success in wrestling.

EB: Ben, I would like to thank you again for taking the time and sharing about your life with us today. You have made us all very proud of you with your outstanding character as well as your performance as an Army wrestler and cadet. We know you will be an outstanding Army officer. I know the entire Army Wrestling community wishes you and Chrissy the very best of luck in the Army and in life. God bless you.

BP: Thank you very much Sir.

BHAW: CHASING GREATNESS!!!

Recent Command Selections & Promotions

• The following class of 2021 Army Wrestlers were **selected for promotion** to Captain from the Regular Army promotion list as of Aug 1, 2024. Our apologies in advance for any accidental omissions or errors. Taylor Brown, Sean Fitzsimons, Madeline Gist, Robert Heald, Ryan Hetrick, Gunnar Larson, Will Lucie, Holt Parrish, Bennett Paulson, Lane Peters, Nico Manzonelli, Jedediah Smith, Jimmy Saylor,

Advanced Schooling

• Tyler Rauenzahn '14 is pursuing joint degrees at MIT for Nuclear Science and a Masters of Business

Transitions

• Zach Maxwell '19 has joined Black Cape as a Software Engineer in Arlington, VA.

Family News

- Paul Buico's '85 eldest daughter, Anna, was married on 28 September 2024 and Paul's youngest son, Maximus, was engaged in November 2024. Maximus was also named a NWCA Scholar All American for D2 Belmont Abbey College and graduated Sumatra Cum Laude. Paul is now semi retired and serves as a volunteer for Veterans Last Patrol to aid veterans and their families whilst veterans are in hospice care.
- **Bobby Heald '21** married Rachel Zak on Saturday November 9th in Buffalo New York.
- Beau Guffey '21 and his wife just had their first baby, a little girl they named Blakely.
- Mark Montgomery '21 recently became engaged with a wedding planned for December.
- Brian Harvey '16 announces the birth of his first child, Theodore James Harvey, on October 2nd, 2024.

Wrestling Involvement & Other Accomplishments

 Jon Anderson '06 commander, 1-26 Infantry Battalion has two Army Wrestlers serving in the Blue Spader Battalion as platoon leaders, 2LT Sahm Abdulrazzaq '23 and 1LT Ben Sullivan '22. They frequently wrestle and train in combatives together. Sahm is currently training for the 18 Airborne Corps combatives championships as a member of the 101st fight team. Jon is serving as one of the coaches for the team and attests that Army Wrestlers continue to crush their goals and lead their Soldiers with

Wrestling Involvement & Other Accomplishments (continued)

- Justin Gorkowski '03 was recently announced as a member of the Board of Trustees for <u>Wrestle Like a</u> <u>Girl (WLAG)</u>. The mission of WLAG is to empower girls and women using the sport of wrestling to become leaders in life. They advocate for the sanctioning of women's wrestling across the country and inclusion of women's wrestling in the NCAA. The first women's NCAA championship is projected for 2026 as the 91st championship sport.
- On 1 May 2024, Ken Juergens'82 was inducted into the Section V Wrestling Hall of Fame - Rochester, NY area for his wrestling accomplishments during High

School which included being selected to wrestle on a USA AAU Freestyle Team that went to Iran to compete. He also wrestled at West Point from 78-82 receiving 3 Varsity A's and was part of the 1982 team that was ranked 23rd nationally. He was a US Army European Freestyle Champion and a successful coach for both men's and women's wrestling teams.

Tommy Thompson '65 presents LIHU'E- Kaua'i High School senior Draydan Gerardo with the 2023-24 Most Outstanding Wrestler Award. The \$5,000 scholarship is presented as part of a program promoted by the West Point Association of Graduates Hawai'i to foster the continuing education of local Hawai'i students. Tommy himself a former champion wrestler at Shamokin High School in Pennsylvania was inducted into the Pennsylvania Sports Hall of Fame in 2014 for excellence in three sports. He was a Pennsylvania All-State selection in football and

baseball, as well as posting undefeated wrestling regular seasons in high school and college. Tommy was recruited by and wrestled under Coach Alitz, 1961-65.



ing Wrestler Award and Scholarship.



Wrestling Involvement & Other Accomplishments (continued)

Chris Johnson '82, Team Captain, trekked to Pennsylvania mid October from his home in Iowa



to support Senator Candidate Dave McCormick'87 (Team Captain, wrestling) at a rally. He met Dave and Senator Cotton and shared

some wrestling stories. Great Army wrestlers coming together and supporting. On the trip back home, he stopped in to visit with Dan Enright '82 who wrestled heavyweight as well as being an All- American on the Army Football team.



Chris and Dan L-R

Mike McCormick, Chris Johnson '82, and Senator Cotton L-R

- Dave McCormick '87, Team Captain and two time EIWA Finalist, became Senator elect after being declared the winner of the 2024 Senate race in Pennsylvania. This was a very tight race that no doubt required Dave to pull it all together in the third period so he could come out on top. Congratulations Dave! We know that you will serve the citizens of the Keystone State very well.
- Joe Metz '24 recently completed a Half Ironman competition in Cervia Italy with a time of 5 hours and 47 minutes.



Republican challenge flips pivotal seat while incumbent



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November 8 2024



Joe Metz '24 finishes a half-ironman in Cervia,

Wrestling Involvement & Other Accomplishments (continued)

 Will Webb '72 and several other Wrestling Alumni attended the recent "Throwdown on the Yorktown" as Army took on Gardner-Webb and the Citadel in dual meet competition on the deck of the infamous aircraft carrier USS Yorktown docked at Mount Pleasant, SC.



Will Webb '72 second from the left and **Whitt Dunning '09** third from left along with other wrestling alumni gather at the "Throwdown on the Yorktown "



Army Wrestler in action on the deck of the USS Yorktown wrestling against an opponent from Gardner-Webb

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Fifty of our current active-duty Army Wrestling Alumni have volunteered to serve in an <u>informal net-</u> <u>working capacity</u>, available to all current and former <i>Army Wrestlers.

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Check your personal email inbox for a Career Networking & Mentoring Program Announcement that provides additional details, list of advisors/mentors and their respective contact information.

If you didn't receive or cannot locate that program announcement, then contact <u>doug.williams@westpointwrestlingclub.org</u> to get plugged-in.



- Next Issue of the Army Wrestling Alumni Newsletter—February 2025
- Suggestions/Ideas for Content?? Please Let Us Know What You Think!!
 - Alumni News should be sent to Larry Baltezore
 - @ Alumni.newsletter@westpointwrestlingclub.org