WRESTLING: Courier Times High 5s

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5 Wrestlers to Watch

(listed alphabetically)

Aidan Burke, Council Rock North: A senior, he went 34-10 last season, capturing the SOL National title. He was second in District One East and the Class AAA Southeast Regional and fourth in the PIAA.

Bruce Graeber, Neshaminy: A senior, he went 40-4 last season, capturing the SOL National and District One East championships and finishing second in the Class AAA Southeast Regional and fifth in the PIAA.

Josh Shalinsky, Council Rock North: A senior, he went 35-7 last season. He was the SOL National runner-up and District One East and Class AAA Southeast Regional champion. He won two bouts at states.

Dustin Stone, Harry S. Truman: A senior, he went 36-10 last season. He was the SOL National runner-up, third in District One East, fifth in the Class AAA Southeast Regional and a PIAA qualifier.

Zack Trampe, Council Rock South: A junior, he went 45-5 a year ago, winning the SOL National and District One crowns. He went on to finish second in the district and state. Has an 81-17 career record

5 Teams to Watch

(in order of strength)

Council Rock South: Zack Trampe, Ben Radner, Dylan Schwartz and Joe Doyle are returning state qualifiers. Riley Palmer qualified two years ago. Lucas Martoccio is among the Hawks who can make it this year.

Council Rock North: The Indians are led by returning state qualifiers Aidan Burke and Josh Shalinsky.

Neshaminy: Two upper weights, seniors Noah Kisselback and Bruce Graeber, lead the way. Kisselback was a regional qualifier a year ago, and Graeber placed fifth in the PIAA. Graeber is a potential state champion at 285 pounds. Joe Little, a Council Rock South transfer, will contribute.

Harry S. Truman: Dustin Stone is a returning state qualifier. Fellow senior Dennis Burns should

also have a nice season.

Archbishop Wood: The Vikings have a pretty strong lineup. The top returnee is junior Alex Shaffer. Wood will challenge La Salle and Father Judge for the Philadelphia Catholic League title.

5 Meets to Watch

Penn/Jersey Duals, Dec. 30, at Harry S. Truman: The Tigers will host a field that will include Bristol, Archbishop Ryan, Franklin Towne Charter, New Hope-Solebury, Thomas A. Edison and other teams from Pennsylvania and New Jersey.

Jack Callender Memorial Rock Yard Duals, Jan. 9, at Council Rock North: The Indians will be joined by Archbishop Wood, Pennridge, Germantown Academy, North Penn, Spring-Ford, Ridley and Pottsgrove.

Escape the Rock, Jan. 16-17, at Council Rock South: The Golden Hawks will host the 11th annual event, which features 46 teams. Council Rock North is the other local squad. Other notables include Boyertown, Pennridge and Belle Vernon.

Council Rock North at Council Rock South, Jan. 20, 7 p.m.: The Mike Sipler Memorial Unity Cup will be up for grabs, and these two teams are usually the best in the SOL National.

Dual meet tournament at Neshaminy, Jan. 23: Neshaminy will welcome Bensalem, Central Bucks South, Plymouth Whitemarsh and other teams.

— Tom Waring