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Bears Fans, Friends, and Alumni,

This past weekend we started off the New Year at the Southern Scuffle. Overall, I would say it was a mixed bag of results. We were looking for a few guys to step up and, in a few spots, we were unable to do so. Others were hampered by sickness or injuries. We will be back on the mat in just a few short days for the NWCA Mid-Major National Duals. This is a date that we have circled on the calendar for some time now, so we are looking to be at our best and compete well with our full line up back in action. We will need to be better than we were this past week to reach our potential.

A few notes from this past weekend...

125lbs- Stevo Poulin claimed his second consecutive Southern Scuffle Championship handedly. It wasn't a elite level of competition for Stevo however, he did have to get through some very defensive wrestlers which he was able to do with ease. I think Stevo did a nice job of showing off

dominate matches which he was able to do with ease. I think Steve did a nice job of showing off his offense and is continuing to progress as the season moves forward.

133lbs- Dominick Serrano had a few ranked victories before falling in overtime in the finals to an All-American opponent. When we look at consistency on the season thus far, Dom has been at the top. He can compete with anyone in the country at this weight class and I am happy with where he is at.

184lbs- AJ Heeg put himself on the map this weekend with a quarterfinal win over a former All-American. AJ reached the finals where he lost a very physical overtime match to an elite level competitor. I am very happy to see AJ making gains as the season progresses. If he continues on the path he is on, I have no doubt he will be wrestling at the National Championships.

<https://uncbears.com/news/2025/1/5/wrestling-poulin-wins-southern-scuffle-title.aspx>

GO BEARS!



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