

# Cranford Cougar Wrestlers Finish 15-8

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Mike Helmstetter competed primarily at 126-lbs and finished 8-8. Junior Matt DiMartino competed at 145-lbs, junior Nick Frediani competed at 138-lbs and sophomore Kevin Quigley competed at 106-lbs.

The Cougars got some good mileage from some football players in the heavier weights. Junior Jeff Weiss competed at 220-lbs, placed second in the UCT and second in the district to finish with a 21-14 record.

"Jeff is only a second-year wrestler. We went to North Bergen. He wrestled a kid who took second in the state and only lost 10-7.

That was his turning point in the season. Since that, he wrestled with confidence. He's very athletic. He picks up on things," Coach Gorman said.

Junior Nick Diaz, a linebacker on the football team with two years wrestling experience, rotated at 182-lbs and 195-lbs and finished with a 17-16 record.

"Nick gave up a lot of weight. He really weighted 175. He's come a long way," Coach Gorman pointed out.

Junior Rob Kessler also rotated at 182-lbs and 195-lbs.

"Rob bumped up and down the lineup like Diaz. He is going to

have a great year next year," Coach Gorman said.

He placed third in the district and fifth in the UCT at 182-lbs and finished with a 17-14 record. Sophomore Jon El-Khoury competed at heavyweight.

"Jon is a first-year wrestler. He learned a lot of things. He's constantly losing weight. He won't be a heavyweight next year," said Coach Gorman, who added, "We are only losing three seniors. With the record that we had and the caliber of wrestlers, 11 juniors and we are going to get a couple of freshmen next year, so the future is promising."



David B. Corbin (January 2012 files) for *The Westfield Leader* and *The Times*  
**A MEMBER OF THE 100+ VICTORY CLUB...Cougar JP Christiano, left, finished this season with a 29-5 record to bring his career wins total to 111.**



David B. Corbin (2011/2012 files) for *The Westfield Leader* and *The Times*  
**TAKING CARE OF BUSINESS...Cougar Gavin Murray, top, cranks a double arm bar on Westfield's Anthony Aldana in his 120-lb bout. Bottom, Corey Markovitch goes for a single leg takedown on a New Providence Pioneer in his 152-lb bout.**

