

**From:** Appalachian State Athletics [appalachiansid@gmail.com](mailto:appalachiansid@gmail.com)  
**Subject:** WREST: App State Wrestlers Perform Well at U23 Nationals  
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**Wrestling**

**ONLINE:** <https://appstatesports.com/news/2019/6/2/wrestling-app-state-wrestlers-perform-well-at-u23-nationals.aspx>

**AKRON, Ohio** — Seventeen members of the Appalachian State wrestling program competed at the U23 Nationals in Akron, where Cary Miller, Codi Russell and Thomas Flitz all won four of their first five matches.

Competing under the Blue Ridge RTC umbrella, 13 members of App State's team posted at least one victory in their U23 brackets.

Miller's 4-1 start at 125 kg put him one victory away from securing a top-eight finish, and he went 4-2 overall with a consolation bracket loss to Iowa's Anthony Cassioppi, who ultimately took third. Miller claimed victories against David Delph (Knights Wrestling Club), Haydn Maley (Stanford-California RTC), Cornelius Putnam (Cowboy RTC/TMWC) and Trevor Rasmussen (Stanford-California RTC).

Russell's 4-2 mark included wins against Moises Hernandez (Cerritos College unattached), Tristan Jenny (La Crosse Area Wrestlers), Cole Manley (Mat-Town USA) and Shawn Orem (Husky Elite Wrestling Club). Flitz finished 4-2 with wins against Alec Donovan (Centenary), Barrett Blakely (Blue Ridge RTC), Michael Kordek (Panther Wrestling Club RTC) and Laurence Kosoy (New York City Regional Training Center).

Matt Zovistoski and Will Formato went 3-2 at 70 kg, while Paul Carson was 2-2 at 92 kg.

Blue Ridge RTC ended up with one win apiece from Jonathan Millner (70 kg), De'Andre Swinson-Barr (61 kg), Thierry Washington (57 kg), Mason Fiscella (86 kg), Bradley Irwin (65 kg), Blakely (79 kg) and Dawson Bates (65 kg). Anthony Brito (65 kg), Demazio Samuel (97 kg), Garrett Church (86 kg) and Ramon Rodriguez also competed in Akron.

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