

From: Pacheco, David B. PachecD@scc.losrios.edu 
Subject: New Head Coach at Sacramento City College / Panther Alumni in the MMA
Date: May 30, 2019 at 5:30 PM
To: undisclosed-recipients;



Hi SCC Alumni and Friends,

With the final approval of the Board, I am happy to announce that our new Full Time Assistant Professor and Head Wrestling Coach is Marques Gales.

Marques will be coming to us from Trinity College in Hartford, CT, where he has been the Head Wrestling Coach since 2013. He also taught Fitness courses at Trinity and was the Executive Director of a non-profit organization, Beat the Streets Wrestling, centered on youth wrestling, physical activity, community service and community collaboration. Marques was also named as the 2014 NCAA Division III Rookie Head Coach of the Year while at Trinity. He received his M.S. in Sport and Exercise Psychology from Springfield College and his B.S. in Kinesiology, Physical Education from San Francisco State University. In addition, he received an A.S. from Santa Rosa Junior College, where he was also a wrestling student-athlete.
<https://www.sccpanthers.com/sports/wrest/2018-19/releases/20190517wnqov>

You can contact Coach Gales in the following ways: 707-398-5246 Cell / Sometime in June at:
galesm@scc.losrios.edu<<mailto:galesm@scc.losrios.edu>>

I also want to let you know the assistants that have been with the program through all the success the team has had will be staying on. Walter Ulrich will begin his 23rd year with the program. He has been the main technique coach for the Panthers and looks to help out in the same position. He is unbelievable in his knowledge of technique.
https://www.sccpanthers.com/sports/wrest/coaches/Walter_Ulrich?view=bio

Lawrence Saenz was a member of our 1996 State Championship team and has been coaching at SCC since 2008. A very good technician who focuses on the guys in the upper weights. https://www.sccpanthers.com/sports/wrest/coaches/Lawrence_Saenz?view=bio

Todd Dilbeck has been with the team since 2012 after a number of years as Head Coach at both Jesuit HS and Sheldon HS. He is also a great technician, but in addition, he has a Master's degree in Sport Psychology. He is our main man on mental preparation to get our guys focused on the prize.
https://www.sccpanthers.com/sports/wrest/coaches/Todd_Dilbeck?view=bio

Martin Steiner has been with SCC since 2013. He is a big part of keeping our guys together. We have a great Training room staff, but Martin is a little extra that most teams do not have, he is a Certified Massage Therapist who specializes in sports injuries. Great guy to have on board.
https://www.sccpanthers.com/sports/wrest/coaches/Martin_Steiner?view=bio

Kevin Tao is our extra coach who comes in once or twice a week most weeks. He is a former D1 qualifier for American University and top 12 in the Nation. Great technique guy and loves working with guys one on one.
https://www.sccpanthers.com/sports/wrest/coaches/Kevin_Tao?view=bio

As for me, I will be available to the coaches and athletes as needed. Mentor them so to speak. The team is in great hands with Marques taking over and the other coaches staying on board. I look forward to taking it a bit slower and look at the team from the outside in for now. I am sure you will see me around the mats still and I may even take up officiating...YIKES!
<http://saccityexpress.com/category/sports/>

<http://www.nwcaonline.com/the-end-of-an-era-coach-pacheco-retires-are-37-years-of-coaching-wrestling-at-sac-city/?fbclid=IwAR3FIgn-HLbwF71dcA7AEmTr3koJKET2NHEPFTC-1UqPIPyAu1wvRAfCPeo>

Please be sure to continue to support the Panther Wrestling program in as many ways as possible. Alumni Match, Booster, Donor, Sponsor, and attend all the matches possible. He will need help running the SCC Tourney and the SCC Multi Dual Tourney. Step up to help out and continue to be a SCC Support group.

Sacramento City College has a number of former wrestlers in the MMA arena. Two top ones are fighting soon in the UFC and Bellator. Josh Emmett is #8 in the UFC and will fight in Sacramento on July 13th, here in Sacramento.
Juan Archuleta fights on June 14th in New York City as the #2 ranked bantamweight. Here are upcoming fights with SCC alum as well as two who just fought and won, Tyler Diamond in his first fight in a year and Dylan Forzani in his first career fight.
Juan Archuleta - 2007 State Champion
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Josh Emmett - 2005 - 5th in State
<https://cagesidepress.com/finsh-emmett-mirsad-bektic-ufc-1/>>
<https://cagesidepress.com/2019/05/28/finsh-emmett-mirsad-bektic-ufc-1/>>

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Desi Rios - 2013 State Champion / Cordero Rios - Both were on our 2013 State Championship Team
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story_fbid=10157052654497207&id=660467206<https://www.facebook.com/gabriela.rios3/posts/10157052654497207?__xts__%5B0%5D=68.ARDvPy3zajWnGrPeFvXNb-R8cxXBDFXrJK72CSipQkqvj1CXQLgxBXkld_B3MJFNf-V1_SV2r0ql7-FN7KsKSvNzArHcYfokVB5k4jrd6CX2CvY6zgw9rURWt_gQz3DVEk53bsRq6EIF7VV5zNgfu7DQ4ZqzNO9C8Jpkkr0Elp8G2qhlEsygOjLIWBIVJT5NOBPDelGf0lovZlzU5HKK33cvqKepJ8kue6FIORpgOj8H45J9e3Nngn-M7O4XGpFQAaYwd3Mog6szRaneOYGeRFmfr5XkiyAHDQV8s8FOh_iJXuKO8tCUHC4E7u2gqHGgwYg7vzvy0tIBOtIpkylvl1mlh7YL1j3Q&__tn__=K-R>
Lake Gee - 2014 - 7th in State
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story_fbid=2042632885847563&id=100003026152166<https://www.facebook.com/lake.gee/posts/2042632885847563?__xts__%5B0%5D=68.ARDvPy3zajWnGrPeFvXNb-R8cxXBDFXrJK72CSipQkqvj1CXQLgxBXkld_B3MJFNf-V1_SV2r0ql7-FN7KsKSvNzArHcYfokVB5k4jrd6CX2CvY6zgw9rURWt_gQz3DVEk53bsRq6EIF7VV5zNgfu7DQ4ZqzNO9C8Jpkkr0Elp8G2qhlEsygOjLIWBIVJT5NOBPDelGf0lovZlzU5HKK33cvqKepJ8kue6FIORpgOj8H45J9e3Nngn-M7O4XGpFQAaYwd3Mog6szRaneOYGeRFmfr5XkiyAHDQV8s8FOh_iJXuKO8tCUHC4E7u2gqHGgwYg7vzvy0tIBOtIpkylvl1mlh7YL1j3Q&__tn__=K-R>
Tyler Diamond - 2010 - 3rd in State
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story_fbid=10157125022862207&id=660467206<https://www.facebook.com/gabriela.rios3/posts/10157125022862207?__xts__%5B0%5D=68.ARDvPy3zajWnGrPeFvXNb-R8cxXBDFXrJK72CSipQkqvj1CXQLgxBXkld_B3MJFNf-V1_SV2r0ql7-FN7KsKSvNzArHcYfokVB5k4jrd6CX2CvY6zgw9rURWt_gQz3DVEk53bsRq6EIF7VV5zNgfu7DQ4ZqzNO9C8Jpkkr0Elp8G2qhlEsygOjLIWBIVJT5NOBPDelGf0lovZlzU5HKK33cvqKepJ8kue6FIORpgOj8H45J9e3Nngn-M7O4XGpFQAaYwd3Mog6szRaneOYGeRFmfr5XkiyAHDQV8s8FOh_iJXuKO8tCUHC4E7u2gqHGgwYg7vzvy0tIBOtIpkylvl1mlh7YL1j3Q&__tn__=K-R>
Dylan Forzani - 2015 State Champion / Helped lead SCC to State Championship
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story_fbid=2854236267923276&id=100000107927749<https://www.facebook.com/dylan.forzani/posts/2854236267923276?__xts__%5B0%5D=68.ARDvPy3zajWnGrPeFvXNb-R8cxXBDFXrJK72CSipQkqvj1CXQLgxBXkld_B3MJFNf-V1_SV2r0ql7-FN7KsKSvNzArHcYfokVB5k4jrd6CX2CvY6zgw9rURWt_gQz3DVEk53bsRq6EIF7VV5zNgfu7DQ4ZqzNO9C8Jpkkr0Elp8G2qhlEsygOjLIWBIVJT5NOBPDelGf0lovZlzU5HKK33cvqKepJ8kue6FIORpgOj8H45J9e3Nngn-M7O4XGpFQAaYwd3Mog6szRaneOYGeRFmfr5XkiyAHDQV8s8FOh_iJXuKO8tCUHC4E7u2gqHGgwYg7vzvy0tIBOtIpkylvl1mlh7YL1j3Q&__tn__=K-R>
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