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Subject: Duke WRES: Niesenbaum Named PNC Achievers Student-Athlete of the Week
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Niesenbaum Named PNC Achievers Student-Athlete of the Week

November 21, 2022 | [Complete Release](#)

DURHAM – Duke wrestling senior [Jonah Niesenbaum](#) has been named Duke's PNC Achievers Student-Athlete of the Week, following his individual heavyweight title at the Keystone Classic on Sunday.

Seeded third in the heavyweight bracket, Niesenbaum claimed his first two wins over nationally-ranked opponents after defeating No. 22 Benjamin Goldin (Penn) in the semifinals and No. 19 Hunter Catka (Virginia Tech) in the championship bout.

One week prior, Niesenbaum captured his first career tournament title after defeating Gage Braun of Southeastern in a 4-1 decision for the heavyweight title at the Battle at the Citadel in Charleston, S.C.

InterMat recently tabbed the Allentown, Pa., native as one of its breakout candidates for the ACC heading into the 2022-23 season. Niesenbaum, a four-year starter for the Blue Devils, is coming off his best season as he finished with a 16-11 overall record.

The Blue Devils continue the road swing in Lexington, Va., with duals against VMI and Franklin & Marshall on Sunday, Dec. 4.

PNC Achievers is a student honors platform that is active at nearly 20 schools and universities across PNC Bank's service area. Honorees are selected locally by designated panels at each respective school, using a set of criteria that includes athletic accomplishments, academic achievement, community service and student leadership.

Duke PNC Achievers Student-Athletes of the Week

Piper Hampsch (field hockey) – Aug. 29, 2022
Riley Leonard (football) – Sept. 5, 2022
Shakar Mohammed (men's soccer) – Sept. 12, 2022
Amina Maatoug (cross country) – Sept. 17, 2022
Michelle Cooper (women's soccer) – Sept. 24, 2022
Elliott Hamill (men's soccer) – Oct. 3, 2022
Olivia Migil (women's soccer) – Oct. 10, 2022
Ian Siebers (men's golf) – Oct. 17, 2022
Brandon Johnson (football) – Oct. 24, 2022
Dalia Frias (cross country) – Oct. 31, 2022
Sarah Foley (women's swimming and dive) – Nov. 7, 2022
Michell Cooper (women's soccer) – Nov. 14, 2022
Jonah Niesenbaum (wrestling) - Nov. 21, 2022

#GoDuke

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