The Citadel's Odie Delaney has been named the Southern Conference wrestler of the week for all competition Nov. 14-20. The selection is made by the league office. Delaney went 4-0

with two pins in winning the heavyweight division at the Navy Classic in Annapolis, Md., on Saturday, helping the Bulldogs to a third-place team finish.

The redshirt senior from Santa Rosa Beach, Fla., entered Saturday's competition ranked 13th nationally in his weight class, and he lived up to the billing. Delaney pinned Bucknell's Joe Stolfi in his first-round match then earned a 6-2 decision over Cleveland State's Amon Willis to reach the semifinals.

Delaney earned his second pin of the day in that contest, sticking George Mason's Jacob Keller in 1:49 to advance to the title bout. There, Delaney met an old foe in Ohio's Jeremy Johnson, who entered the match ranked 10th nationally.

The two met in last season's NCAA Championships, with the winner assured of All-American status. Johnson prevailed with a pin in the fifth minute to end Delaney's season and drop the Bulldog heavyweight to 0-3 against his Bobcat rival. Delaney earned a measure of revenge Saturday, upsetting the higher-ranked Johnson 7-6 in the title bout at the Navy Classic.

The wrestler of the week award is the fifth of Delaney's career. He also took the honor once during the 2008-09 campaign, once in 2009-10 and twice last season. The Citadel is back in action at the Nittany Lion Open in State College, Pa., on Dec. 2 before opening its SoCon slate against Davidson on Dec. 6.

Also nominated: Dominic Parisi (Appalachian State), Eric Montoya (Campbell), Ian Solcz (Davidson), Ryan Medved (Gardner-Webb), Niko Brown (Chattanooga) and Zeb Stewart (VMI).

2012-13 SoCon wrestlers of the week

Nov. 7 Nick Soto, Chattanooga

Nov. 14 Niko Brown, Chattanooga

Nov. 21 Odie Delaney, The Citadel

Photo Courtesy: Odie Delaney, SoCon Athletics