

Strickland, Hedash Honored By Southern Conference

Written by Brandon McGinnis
Wednesday, 06 March 2013 13:20

Two members of Appalachian State University wrestling have been honored by the Southern Conference, as redshirt freshman Zack Strickland has been named

as an all-SoCon selection at 165 pounds, while classmate Colin Hedash joined Strickland on the all-freshman team, announced by the conference on Wednesday.

Strickland becomes the 34th Appalachian wrestler since 1993 to be named to earn an all-conference nod. Before the 1993 season, the SoCon Meet champions earned all-conference honors. Strickland matched the number of votes as Chattanooga's Josh Condon at 165 pounds as both were named to the team.

Strickland finished the regular season with a 22-10 record and a 12-1 mark in duals for the season. Currently, the Muncy, Pa. native has won seven of his last eight, tallying four major decisions, a technical fall and a pin. In the most recent RPI rankings, Strickland was ranked No. 30 in the nation.

Hedash closed out the year with a 17-10 record and impressive 6-1 record in conference duals. The Slatington, Pa. native went 10-4 in duals and finished fifth at the Keystone Classic in November. Hedash was responsible for 35 points scored in duals for the year, the third most on the team.

Strickland and Hedash become the second and third App State wrestlers to be named to the all-freshman team, as current teammate Paul Weiss was named to the team last season.

Regular-season champion, Chattanooga, placed five on the all-SoCon team while, The Citadel's Odie Delaney was awarded SoCon Wrestler of the Year, an award past Mountaineers have claimed twice in the last four seasons.

Coaches were not permitted to vote for their own wrestlers.

Appalachian seeks its first SoCon Tournament Championship since 2003 on Saturday, March 9 in Lexington, Va. Doors to Cameron Hall are scheduled to open at 9 a.m. while matches are set to begin at 10 a.m. The final rounds are slated to begin at 7 p.m.

Wrestler of the Year

Odie Delaney, R-Sr., HWT, The Citadel

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Freshman of the Year

Ugi Khishignyam, 141, The Citadel

All-Southern Conference Team

125 - Nick Soto, So., Chattanooga

133 - Aaron Hansen, R-Fr., The Citadel

141 - Ugi Khishignyam, R-Fr., The Citadel

149 - Alex Hudson, R-Jr., Chattanooga

157 - Matt Frisch, R-Fr., The Citadel

165 - Zack Strickland, R-Fr., Appalachian State

Josh Condon, R-Sr., Chattanooga

174 - John Lampe, R-Fr., Chattanooga

184 - Josh Tuck, Sr., The Citadel

197 - Niko Brown, R-Sr., Chattanooga

HWT - Odie Delaney, R-Sr., The Citadel

All-Freshman Team

Colin Hedash, Appalachian State

Zack Strickland, Appalachian State

Eric Montoya, Campbell

Matt Frisch, The Citadel

Marshall Haas, The Citadel

Aaron Hansen, The Citadel

Ugi Khishignyam, The Citadel

Gray Jones, Gardner-Webb

Jake Residori, SIUE

John Lampe, Chattanooga

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Photo Courtesy: JohnMark Bentley, ASU Athletics