WRESTLING

Text by Dave Brousseau

JAMAL MORRIS

Wrestler of the Year ■ Cardinal Gibbons junior

Weight: 126; **Record:** 44-0

Season highlights

BCAA champion, District 14-1A champion, Region 4-1A champion; Class 1A state champion

Comment

Morris, who has a career record of 130-7, has won three consecutive state titles. If he can win another state title next year, he can equal the team record of four set by former Gibbons wrestler Jonathan Taylor. Only 13 other wrestlers in state history have won four state titles. Taylor is the only Broward County athlete among the 13. Morris, who has won two straight titles at 126-pound weight class, said he'll likely move up in weight next season. "He is extremely talented and doesn't get riled up when he wrestles," Cardinal Gibbons coach Frank Pettineo said. "He wrestles the same way every match. He is very even tempered. He has that calm demeanor about him."

"This season was difficult going against a lot of good wrestlers. My goal was to go undefeated and win another state title. I practiced hard and was able to be challenged. When I first started wrestling at Gibbons I didn't think I could win three straight titles, but I have been getting better each year. My brother, Jamel, has been a big part of my success. He pushes me more than I have ever been pushed before."

First team

RADLEY GILLIS
Archbishop McCarthy junior
Wt.: 106; **Record:** 65-1
Comment: Was a Class 2A district, regional and first-time state champion.

ALEX UHRE
St. Thomas Aquinas senior
Wt.: 113; **Record:** 52-6
Comment: District and regional champ. Second at state. Signed with Virginia.

JAMEL MORRIS
Cardinal Gibbons junior
Wt.: 120; **Record:** 43-2
Comment: BCAA champ; 2A district champ, third at regional and state tournament.

SAL GUERRIERO
St. Thomas Aquinas junior
Wt.: 126; **Record:** 53-8
Comment: Class 3A district and regional champ; placed fifth at state tournament.

SHIQUAN HALL
St. Thomas Aquinas senior
Wt.: 132; **Record:** 55-2
Comment: BCAA, district and regional champ; second at state tournament.

ALEXANDRE LOPOUCHANSKI
South Broward sophomore
Wt.: 138; **Record:** 49-8
Comment: BCAA runner-up; Class 3A district champ; Nova Duals champion.

CHASE SINGLETARY
Somerset eighth-grader
Wt.: 145; **Record:** 38-2
Comment: Was a district and regional champion; won state title for second year.

KENNY BOYD
Stranahan junior
Wt.: 152; **Record:** 38-3
Comment: Was a Class 2A district, regional champion and state runner-up.

NATHANIEL DELEVOE
South Broward senior
Wt.: 160; **Record:** 55-8
Comment: Fourth-year starter was second at BCAA county meet and second at regional.

GIO JIOVENETTA
St. Thomas Aquinas senior
Wt.: 170; **Record:** 60-2
Comment: BCAA champ; Class 3A district and regional champ; placed third at state.

ROMARIO ANDERSON
Coral Springs senior
Wt.: 182; **Record:** 52-6
Comment: BCAA and district champion; was a state qualifier; has a 115-31 career record.

JORDAN SANCHEZ
Cooper City senior
Wt.: 195; **Record:** 40-5
Comment: Class 3A district and regional champion; placed sixth at state tournament.

MICHAEL MARSHALL
Nova senior
Wt.: 220; **Record:** 37-6
Comment: BCAA champion, district champion and state quailifer; Nova Duals champ.

KEVIN JACQUES
South Broward senior
Wt.: HWT. **Record:** 58-1.
Comment: BCAA champ. Class 3A district, regional and first-time state champion.

Coach of the Year

ALLEN HELD
South Broward
2012-13 record: 29-4
Comment: Held, who just completed his 10th season as the Bulldogs coach, led his team to a 29-4 record. Including his stint at Hallandale, he has more than 300 victories. Team finished third at the BCAA Championship behind St. Thomas Aquinas and Cardinal Gibbons; was District 13-3A champion; finished eighth at Region 4-3A meet and 11th at state. "We had a lot of seniors this year so we expected it to be a special season," Held said. "We were in the top four over every invitational tournament we were in. Wrestling has been part of my life for 27 years. It's still part of my life that is special and that I'm still able to coach with some success. I really appreciate this honor because it comes from my peers."

Second team

Jonathan Francois	Plantation	Sr.	106	43-3
Franco Valdes	Somerset	8th	113	55-3
Brady Moser	American Heritage	Jr.	120	41-15
Caleb Carter	Monarch	Sr.	126	47-6
Anthony Vasquez	Cardinal Gibbons	Jr.	132	35-7
Rami Sadek	Coral Glades	Sr.	138	46-11
Nick Limperis	Cardinal Gibbons	Sr.	145	31-8
Kris Iglesias	St. Thomas Aquinas	Sr.	152	51-7
Johnny Weiss	St. Thomas Aquinas	Jr.	160	48-8
Dalvin Solomon	Piper	Sr.	170	18-7
Adam Hude	C.S. Charter	Sr.	182	36-7
Jonathan McNamara	Cypress Bay	Sr.	195	27-3
Kenneth Rosa	C.S. Charter	Jr.	220	34-12
Dylan Seidle	Cypress Bay	Sr.	HWT	24-5

Honorable mention

American Heritage: Zach Sherman, Joseph Padron, Nicholas James, Justin Burnett, Austin Florsa; **Archbishop McCarthy:** Jake Gillis; **Blanche Ely:** Aris Knight, Michael Jean-Baskin, Steven Castaneda; **Calvary Christian:** Erich Byelick, Matthew Poirer; **Cardinal Gibbons:** Ross Clark, Dominic Gibson, Rodney Thomas, Jeiko Da Silviera, Antonio Sannasardo, Ryan Thomas, Diego Bell; **Chaminade-Madonna:** David Colatorto; **Cooper City:** Barry Jones; **Coral Glades:** Fabian West; **Coral Springs:** Mike Gibson, Ricardon Herazo, Wolky Belancourt, Nilson Bretas, Nick Mejias, George Polle; **Cypress Bay:** Danny Strent, Tyler Sage; **Dillard:** Stephan Wilson; **Douglas:** Jon Diaz; **Everglades:** Steven Nogradi, Randolph Rrud'homme; Deangelo Greer; **Flanagan:** Joseph Shwihy; **Fort Lauderdale:** Jonathan Baca, Deon Glinton; **Miramar:** Joshua Brown, Alexander Lasesne, Tuqwan Stone, Ernie Levy, Eugene Kinchen; **Monarch:** Grayson Whipp, Shane Carter; **Nova:** Colin Tucker; **Piper:** Jamal Minnis; **St. Thomas Aquinas:** Jonah Gomes, Nick Abanoza, Brian Perez, Jeremy Scott; **Somerset:** Joseph Lopez, Vic Biasucci, Joe Haan; **South Broward:** Edward Pierce, Jonathan Elder, Alex Sinor; **Stranahan:** Alex King; **Taravella:** Raul Vargas; **Western:** Devon Lira, Ben Sinbeta