



News Release

Ramkota Hotel, 3200 W. Maple St., Sioux Falls, S.D. 57107
Phone: 605.338.0907 Fax: 605.338.1889
Jon J. Martin, Assistant Commissioner
E-mail: info@northcentralconference.org
Web: www.northcentralconference.org

For Immediate Release: February 6, 2007

Sonny Silva and Andy Pickar Named NCC Wrestlers of the Week

Sonny Silva of St. Cloud State and Andy Pickar of Minnesota State have been named the NCC Wrestlers of the Week.

Silva, a sophomore 133-pounder from Kimberly, Idaho, went 4-0 last week. He defeated Upper Iowa's Jacob Pederson twice, the first time was a 13-4 major decision in a dual and a 11-7 in the first round of the Moco Mercer Tournament. He continued in the tournament by defeating Mat Hemry with a pin at 5:48 in the semifinals before downing Chad Vallone with a 10-2 major decision in the finals.

Pickar, a junior 165-pounder from Brainard, Minn., was able to grab a three-point near-fall in the third period to give him a 15-7 major decision win over fourth-ranked Mitch Norton of Upper Iowa.

Others nominated: Todd Meneely, Nebraska-Omaha, Nate Buys, Augustana.

#NCC#

2006-2007 Wrestling Honor Roll

Nov. 7 - Nate Buys, Augustana
Nov. 14 - Austin Scarset, Augustana
JD Naig, Nebraska-Omaha
Nov. 21 - Jacob Marrs, Nebraska-Omaha
Nick Wilkes, St. Cloud State
Dec. 5 - Brandon Girtz, Minnesota State
Ross Taplin, Nebraska-Omaha
Dec. 12 - Jason Rhoten, Minnesota State
Cody Garcia, Nebraska-Omaha
Jan. 3 - JD Naig, Nebraska-Omaha
Jan. 10 - Todd Meneely, Nebraska-Omaha
Jan. 16 - Jason Rhoten, Minnesota State
JD Naig, Nebraska-Omaha
Jan. 23 - Andy Pickar, Minnesota State
Jan. 30 - JD Naig, Nebraska-Omaha
Feb. 6 - Sonny Silva, St. Cloud State
Andy Pickar, Minnesota State