



FOR EVERY
STUDENT
FOR EVERY
COMMUNITY

There's
a place
for you.

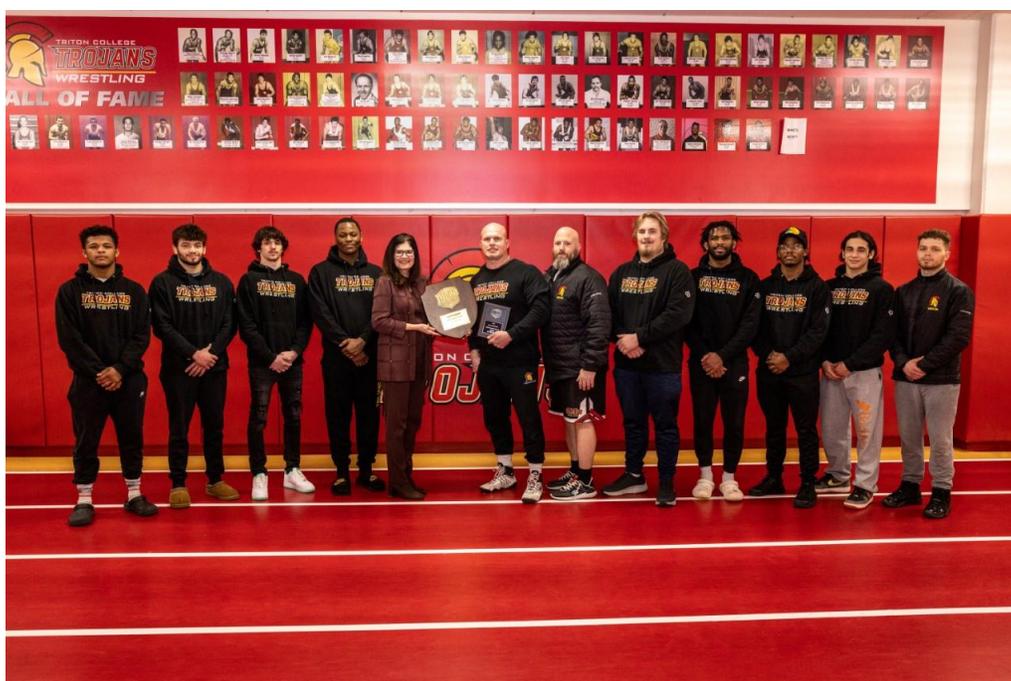


Triton College

For immediate release: **Feb. 24, 2023**

Triton College Wrestling Team Wins 2023 NJCAA District Championship

Triton College Wrestling Team Qualifies for NJCAA Wrestling Championships



From left to right – Alonzo Smiley, Connor Svantner, Anthony Schickel, Curtis Ruff II, Triton College President Mary-Rita Moore, head coach Tim Duggan, assistant coach A.J. Blahut, Ronald Krewer, Sherman Dixon, Jeivan Ross, David Capron and Billy Tucker.

Not pictured – Elon Rodriguez.

RIVER GROVE, Ill. – The Triton College wrestling team is celebrating a major victory – the team won the NJCAA district championship on Saturday, Feb. 18, at Harper College in Palatine and head coach Tim Duggan was named Great Lakes District Coach of the Year.

Triton wrestlers won the Great Lakes District, beating 10 other community colleges, representing Regions 4 (Upper Illinois and Southern Wisconsin) and 12 (Michigan and Indiana).

Wrestlers in 10 weight classes have qualified for the NJCAA National Championship on March 3 and 4, in Council Bluffs, Iowa.

“Our wrestlers set this goal at the beginning of the year, and they worked hard individually and as a team for this achievement,” explained A.J. Blahut, assistant wrestling coach. “Our wrestling room is competitive, but the guys all push each other to excel. Our wrestlers showed grit, fought hard and won.”

Triton had five individual champions: Anthony Schickel (125), Elon Rodriguez (133), Connor Svantner (157), Alonzo Smiley (165) and Curtis Ruff II (197). Sherman Dixon (174) finished second and David Capron (149) finished third. Billy Tucker (149) and Jeivan Ross (184) each placed fourth, and Ronald Krewer (285) earned a wild card entry to nationals.

The Trojans finished with 155 total points and beat long-time regional rival Harper College. The last time the Triton wrestling team won the NJCAA district championship was in 1998.

Duggan, the head coach, feels that the Triton team is prepared to take on the challenge of competing in a national championship. He noted that the men have pushed themselves, worked hard, and put in the time and effort to achieve success.

“Every one of our wrestlers are capable of winning matches to become All-American at the national tournament,” said Duggan. “Not only do we train our bodies physically through strength training and wrestling technique, but we train our minds through visualization and positive self-talk.”

Alonzo Smiley (165) of Carol Stream feels that winning at the district championship was “bittersweet” and he felt “ecstatic” for the team. Now, he’s getting ready for the NJCAA wrestling championships.

“I’m training like my life depends on it,” he said. “In order to win, we can’t stop now. We must keep going. We must keep pushing ourselves. I want to make myself comfortable in uncomfortable situations. If I can do that, no one can beat me.”

For more information, contact tritonathletics@triton.edu.

###

Media Contact

Maryann Pisano

Staff Writer

maryannpisano@triton.edu

(708) 456-0300, Ext. 3202

ABOUT TRITON COLLEGE

Triton College is a two-year college dedicated to helping members of the 25 Western Cook County communities in our district and beyond to achieve educational, professional and personal success. Located in River Grove, Ill., Triton offers more than 120 degree and certificate programs on its 110-acre campus, featuring a comfortable, friendly and diverse atmosphere. Triton also holds classes at satellite locations and offers online learning opportunities. Triton's dedicated faculty and staff work to provide high quality, convenient and affordable educational opportunities to more than 14,000 students each year. Triton College is accredited by the Higher Learning Commission. Learn more at <http://www.triton.edu/>.