



Cumberland Valley Eagles

Mechanicsburg, PA

Facebook: [Cumberland Valley Wrestling @CwrestleV](#)

Head Coach: **Dave Heckard** (12th year)

Assistants: **Mark Murphy, Brian Chittester, Mike Orfanos, Joe Perretta, Claudio Valeri, Matt White**

PIAA AAA, Southcentral Region, District 3, Mid-Penn League, Commonwealth Conference

2016 will be Cumberland Valley's 2nd appearance at ETR. The Eagles finished 2nd in 2015

History

- 10x Southcentral Region Tournament (1992-93, 1996, 1998, 2002-04, 2006, 2014-15)
- 8x District 3 Dual Champions (1993, 1996, 2003-06, 2014-15)
- 9 Individual PA State Champion
- 53 Individual PA State Medalists
- 71 Individual Southcentral Regional Tournaments

2014-15 Highlights

- PA AAA State Duals 2nd
- PA State Tournament 12th
- District 3 Duals Team Champions
- South Central Region Tournament 1st
- Cumberland Valley finished the season nationally ranked #40 (Intermat) and #39 (TOM)

Medal Outlook:

Felix Belga, Wyatt Long, Trent Cook & Will Kaldes - all returning medalists - will be high seeds and could contend for titles. **Quentin Milliken, Cade & Cal Reichart** all will be seeded and should battle for a spot on the podium. **Russell Zimmerman** and **Jake Black** could find themselves in medal matches with strong performances. Cumberland Valley will contend with the top teams in the race for the title. **Prediction: 1 finalist, 5-6 medals.**

106	Cade Reichart	FR	Kickoff Classic Champ, MAWA Eastern National Champ
<i>Cade is ranked #24 at 106 in PA (PA Power)</i>			
113	Russell Zimmerman	SO	
120	Jake Barrick	JR	
126	Parker Hillard	SR	
132	Wyatt Long	JR	PA State Qualifier, Region 4th, Escape the Rock 6th, 2x Beast Medalist
<i>Wyatt is ranked #7 at 132 in PA (PA Power)</i>			
138	Will Kaldes	JR	2x PA State Qualifier, Region 3rd, Escape the Rock 5th, Beast 8th

Will is ranked #10 at 138 in PA (PA Power)

145	Cal Reichart	JR	2x Region 5th
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Cal is ranked #21 at 145 in PA (PA Power)

152	Felix Belga	SR	Escape the Rock 2nd
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*Felix is nationally ranked HM at 152 (FLO), #3 in PA and is committed to wrestle at **Drexel University***

160	Quentin Milliken	SO	PA State Qualifier, Region 3rd, Escape the Rock R12
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Quentin is ranked #8 at 160 in PA (PA Power)

170	Trent Cook	SR	2x Region 5th, Escape the Rock 8th, 2x Beast Medalist
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Trent is ranked #14 at 170 in PA (PA Power)

182	Jacob Schalles	SR	Region Qualifier
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220	Jake Black	SR	
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285	Robert Goodrich	JR	
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