

2012-2013 Pilgrim Wrestling League Award Winners

Coach of the Year: Jon Egan, Roger Williams University

Wrestler of the Year: Ricondo Cole, Rhode Island College

First Team All-Stars

<u>Wt.</u>	<u>Name</u>	<u>Year</u>	<u>School</u>
125	Mike Sugermeyer	Senior	Rhode Island College
133	Silas Murray	Junior	Rhode Island College
141	Ricondo Cole	Freshman	Rhode Island College
149	Peter Gilman	Senior	University of Southern Maine
157	Logan Russell	Senior	University of Southern Maine
165	Collin Crowell	Junior	Roger Williams University
174	Lucas Taylor	Senior	Coast Guard Academy
184	Shane Parcel	Junior	Roger Williams University
197	Phil Ernst	Senior	Roger Williams University
285	Mark Howard	Sophomore	Coast Guard Academy

Second Team All-Stars

<u>Wt.</u>	<u>Name</u>	<u>Year</u>	<u>School</u>
125	Anthony D'Anton	Sophomore	Roger Williams University
133	Dante Porrazzo	Sophomore	Roger Williams University
141	James Carroll	Sophomore	Roger Williams University
149	Joey Gaccione	Freshman	Johnson & Wales University
149	Alex LaBeef	Senior	Rhode Island College
157	Francisco Colom	Freshman	Roger Williams University
157	Sean Fields	Senior	Bridgewater State College
165	Josh Harrison	Junior	Rhode Island College
174	Ken Dougherty	Junior	Johnson & Wales University
184	Adam Lynch	Junior	Rhode Island College
197	Blake McNulty	Senior	Johnson & Wales University
197	TJ Vallee	Junior	Bridgewater State University
285	Brian Niccoll	Junior	Rhode Island College

Honorable Mentions All-Stars

<u>Wt.</u>	<u>Name</u>	<u>Year</u>	<u>School</u>
125	Joe Pronk	Senior	Johnson & Wales University
125	Mike Arangio	Sophomore	University of Southern Maine
133	Tom Porzillo	Freshman	Coast Guard Academy
174	Rob Sotelo	Sophomore	Rhode Island College

Scholar-Athlete All-Star Team

<u>Wt.</u>	<u>Name</u>	<u>Year</u>	<u>School</u>
125	Joe Pronk	Senior	Johnson & Wales University
125	Jon Murray	Junior	Rhode Island College
125	Anthony D'Anton	Sophomore	Roger Williams University
133	Dante Porrazzo	Sophomore	Roger Williams University
141	Colby Clarke	Junior	Johnson & Wales University
149	Daniel Franco	Senior	Johnson & Wales University
157	Ethan Farrell	Junior	Johnson & Wales University
165	Collin Crowell	Junior	Roger Williams University
184	Colin Lenhardt	Junior	Johnson & Wales University
184	Shane Parcel	Junior	Roger Williams University
184	Adam Lynch	Junior	Rhode Island College
197	Phil Ernst	Senior	Roger Williams University