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Media Relations Contact:
Andy Pulverenti, sports information director, (660) 831-4230, pulverenti@moval.edu

MVC WRESTLER JOSH MANU PICKS UP HAAC AWARD

Marshall, Mo. (November 4, 2013)- Missouri Valley College Wrestler Senior Josh Manu (North Providence, R.I.) has been named the Heart of America Athletic Conference Wrestler of the Week for his efforts at the Oklahoma City University Open on Sunday, which included two victories over NCAA Division I wrestlers.

Manu, the No. 3 ranked wrestler in the 197 pound weight class, won an individual championship at the OCU Open. Manu worked his way to the championship match in the 197 pound weight class with a second round 13-5 major decision victory over Brad Johnson who was wrestling unattached for Oklahoma State University. Manu then defeated Michael Connor who was wrestling unattached for Central Oklahoma University in a 13-8 decision. In the semifinals, he beat Ben Laures of Oklahoma State University in a first period pin. In the championship match, Manu defeated Justin Rockhill of New Mexico Highlands in a first period pin to win the weight class.

This is the third weekly HAAC award for Manu in his Missouri Valley career, earning two awards during the 2012-2013 season.

The No. 3 men’s wrestling team will next be in action on Saturday Nov. 16 hosting the HAAC Duals at the Burns Athletic Complex.

For a complete list of this week’s conference honorees, visit www.haacsports.com.

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Known for its dynamic, richly diverse, and friendly educational environment, Missouri Valley College offers many opportunities to grow in mind, body, and spirit. Grounded in the liberal arts, undergraduate studies empower students to master interdisciplinary skills needed to succeed in a knowledge-based global society. MVC offers over 40 academic programs, study abroad program, honors program, extracurricular activities, and 13 sports. The most popular majors include education and business, and some new majors are ag-business, nursing, graphic design, and health information systems (associate degree). Above all, Valley is committed to student success. For more information, call (660) 831-4000 or visit www.moval.edu.