

# Top-10 Wrestlers to Watch at 125 pounds



L. Lilledahl



E. Ventresca



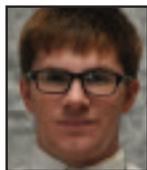
N. Bouzakis



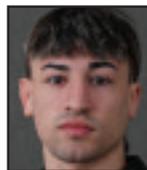
T. Spratley



V. Robinson



S. Seymour



D. Peterson



S. Poulin



N. Provo



M. Renteria

The following is a look at WIN's Top-10 ranked wrestlers, plus other notable wrestlers, at 125 pounds before the conference/NCAA qualifying tournaments. Go to WIN-Magazine.com for an updated NCAA preview after the qualifiers.

## 1. Luke Lilledahl, Penn State, So., St. Charles, Mo.

**Note:** 2024 Junior Hodge Trophy recipient.  
**Season/Career Record:** 17-0/42-3  
**2025/Career NCAA Resume:** 3rd in 2025.  
**Regular-Season Notes:** Only "loss" came to teammate Nate Desmond at Black Knight Open, which does not count on record; notched notable wins over No. 3 Bouzakis, No. 7 Peterson and No. 9 Provo.

## 2. Eddie Ventresca, Virginia Tech, Sr., Roxbury, N.J.

**Note:** Earned All-American honors in 2023 with a seventh-place finish as a No. 27 seed.  
**Season/Career Record:** 17-2/65-29  
**2025/Career NCAA Resume:** 7th in 2023, 5th in 2025.  
**Regular-Season Notes:** Only two losses came on same weekend at National Duals Invitational to Minnesota's Jore Volk; twice defeated defending NCAA champ Vincent Robinson; avenged last season's NCAA semifinal defeat to Troy Spratley in a dual on Feb. 15.

## 3. Nic Bouzakis, Ohio State, Jr., Tampa, Fla.

**Note:** Dropped a weight class from 133.  
**Season/Career Record:** 12-1/59-20  
**2025/Career NCAA Resume:** Reached R12 in 2025 and R16 in 2024 at 133 pounds.  
**Regular-season Notes:** Lone loss came to former high school teammate Luke Lilledahl, 4-1 SV, in dual on Feb. 13; notable wins over, Dean Peterson (twice), Stevo Poulin and Maximo Renteria.

## 4. Troy Spratley, Oklahoma State,

## Jr., Eufala, Okla.

**Note:** Transferred from Minnesota in 2023.  
**Season/Career Record:** 12-3/58-16  
**2025/Career NCAA Resume:** 2025 NCAA finalist; reached R12 in 2024.  
**Regular-Season Notes:** Split matches with Iowa's Dean Peterson; other losses came to Eddie Ventresca and Vincent Robinson; notched notable wins over WVU's Jett Strickenberger and Iowa State's Stevo Poulin.

## 5. Vincent Robinson, NC State, So., Chicago, Ill.

**Note:** Became NC State's first 125-pound NCAA champ and first freshman champ since 1980 last season.  
**Season/Career Record:** 12-3/35-6  
**2025/Career NCAA Resume:** 1st in 2025.  
**Regular-Season Notes:** Suffered setbacks against Virginia Tech's Eddie Ventresca on Nov. 15 and Jan. 30; lost to Stanford's Nico Provo, 4-1 SV, on Jan. 16; defeated Troy Spratley in NCAA final rematch at NDI.

## 6. Sheldon Seymour, Lehigh, Sr., Troy, Pa.

**Note:** One of 22 undefeated wrestlers entering conference tournaments  
**Season/Career Record:** 16-0/67-25  
**2025/Career NCAA Resume:** 6th in 2025 (reaching the semifinals) in first Nationals appearance.  
**Regular-Season Notes:** Recorded "ranked wins" over Stevo Poulin, Marc-Anthony McGowan (Princeton) and twice defeated Illinois' Spencer Moore.

## 7. Dean Peterson, Iowa, Sr., Barnegat, N.J.

**Note:** Transferred from Rutgers.  
**Season/Career Record:** 10-4/69-32  
**2025/Career NCAA Resume:** R12 in 2023 and 2025; went 1-2 in 2024; pinned defending NCAA champion Richard Figueroa in the Round of 16 in Philadelphia.

**Regular-season Notes:** Split matches with 2025 NCAA finalist Troy Spratley; other three losses came to Luke Lilledahl and twice to Nic Bouzakis.

## 8. Stevo Poulin, Iowa State, Sr., Ballston Lake, N.Y.

**Note:** Transferred from Northern Colorado.  
**Season/Career Record:** 11-6/80-25  
**2025/Career NCAA Resume:** 8th in 2025; reached NCAA R12 in both 2023 and 2024.  
**Regular-Season Notes:** Avenged CKLV loss to WVU's Jett Strickenberger via major decision, 14-4, in dual on Feb. 13.

## 9. Nico Provo, Stanford, Jr., Stratford, Conn.

**Note:** Competed at 2025 Final X at 57 kg.  
**Season/Career Record:** 11-4/48-23  
**2025/Career NCAA Resume:** Reached NCAA R16 in 2024; 0-2 at 2023 NCAAs.  
**Regular-Season Notes:** Notched most notable win of his career with a 4-1 SV decision over defending NCAA champ Vincent Robinson on Jan. 16.

## 10. Maximo Renteria, Oregon State, Sr., Clovis, Calif.

**Note:** Transferred from Illinois in 2023.  
**Season/Career Record:** 18-2/41-25  
**2025/Career NCAA Resume:** 1-2 at 2025 NCAAs.  
**Regular-Season Notes:** CKLV runner-up, falling to WVU's Jett Strickenberger in the Vegas finals.



## 125-Pound Preview

### Others to Watch

- A 2024 All-American at Wyoming, **Jore Volk**, now of Minnesota, is one to watch. At 19-4 on the season, Volk owns two wins over No. 2 Eddie Ventresca and took No. 3 Nic Bouzakis into overtime on Nov. 15 at the NDI.
- West Virginia's **Jett Strickenberger**, who reached the Blood Round in 2025, recently fell from WIN's Top 10 but is another formidable contender in this weight class. He won the 2025 CKLV and notched significant victories over Maximo Renteria, Stevo Poulin and Princeton's Marc-Anthony McGowan.
- Speaking of **Marc-Anthony McGowan**, the Tiger was a second away from defeating eventual NCAA champion Vincent Robinson in last year's Round of 16. McGowan could make a run for the podium in Cleveland. ■

### 2025 All-American Matches at 125 (seed in parenthesis)

- 1st - (4) Vince Robinson (NC State) dec. (7) Troy Spratley (OK St.), 2-1 TB
- 3rd - (1) Luke Lilledahl (Penn State) fall (2) Matt Ramos (Purdue), 6:18
- 5th - (3) Eddie Ventresca (VT) dec. (8) Sheldon Seymour (Lehigh), 11-4
- 7th - (9) Caleb Smith (Nebraska) maj. (10) Stevo Poulin (N. Colo.), 18-5

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