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Behnami, West hope for strong finish

Prep Profile

JON KLINKOWITZ • IOWA CITY PRESS-CITIZEN • FEBRUARY 24, 2009

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Matt Behnami and the West High wrestling team didn't have the state tournament they wanted last week in Des Moines. But the Trojans get a chance at redemption starting tonight.

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Behnami took fourth place at 215 pounds as West finished eight points behind Waverly-Shell Rock for the Class 3A state title.

"I was a little disappointed that I couldn't win my third-place match," the senior said. "But it's a step up from what I've finished before."

The Trojans open dual team regional action against North Scott at 7 p.m. today at West High, and could get another crack at Waverly-Shell Rock on Saturday in Cedar Rapids.

"I think we're the better team," Behnami said. "I guess we'll get to prove that this week."

A former football player, Behnami is currently weighing his college options and trying to decide if he wants to continue on the mat.

"It's been in the back of my mind," he said. "There are smaller schools that have been talking to me (about wrestling). Or I might go to a bigger university.

"I've done it this long, and what's a little more going to hurt? It's just whether I can wrestle somewhere I want to."

Matt Behnami is this week's Prep Profile:

If I could visit any place in the world, it would be: Hawaii.

What annoys me: People who talk a lot.

When I am not playing sports I am: Hanging out with friends.

Best sports experience: Placing at the state tournament.

Three words that describe me: Hardworking, funny and awesome.

Dream profession: Working for ESPN.

Dream car: Shelby GT 500.

Craziest ambition: Skydiving.

Person I most admire is: Coach Mark Reiland.



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My team/personal goals for the season are: To win state duals.

If I had \$1 million I would: Buy a house in Florida.

I can't imagine going a week without: Seeing teammate Nick Moore.

My favorite --

Pro or college player: Brent Metcalf.

Pro or college team: Iowa Hawkeyes.

Class: Math.

Food: Chicken Alf redo.

Cereal: Cap'n Crunch.

Color: Blue.

Movie: "Boondock Saints."

TV show: "The Ultimate Fighter."

Music: Country.


Book: "I Hope They Serve Beer in Hell" by Tucker Max.

Actor: Mark Wahlberg.


Actress: Megan Fox.

One final random thought (pearls of wisdom/words to live by): Someday is not a day of the week.

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