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[St. John could join elite company at MVC](#)

Posted on 29 January 2009 by intern

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Iowa City West senior Derek St. John could become just the fifth four-time conference champion at the Mississippi Valley Conference tournament Saturday at Linn-Mar. He would join Dubuque Hempstead's Cliff Moore (1999), John Galloway Jr. (2002), who won two each at Waterloo East and Iowa City High, Cedar Rapids Kennedy and Iowa City West standout Mitch Mueller (2005) and West's Nate Moore (2008).

"It makes you think to when they were wrestling and how good they were," St. John said. "To be a part of that feels pretty good."

The Trojans senior previously captured titles at 130, 135 and 145. His 9-2 win over Cedar Falls'

Michael Kelly was his closest championship match.

“The last two years have been the tougher ones I’ve won,” said St. John, a two-time state champ and three-time placewinner with a 32-0 record and 18 pins this season. “This year will probably be the most significant one.”

St. John, ranked first at 160 pounds in Class 3A by The Predicament and nationally by Amateur Wrestling News, was impressive last weekend, earning Outstanding Wrestler honors by winning Urbandale’s Ed Winger Invitational. He handled second-ranked Michael Moreno of Urbandale, 18-8. He’s focused on continuing that momentum.

“Just trying to keep the ball rolling right now,” St. John said. “Just trying to do that every meet and it’s worked out pretty good so far. I’m just trying to keep it going.”



Source: [KJ Pilcher](#)

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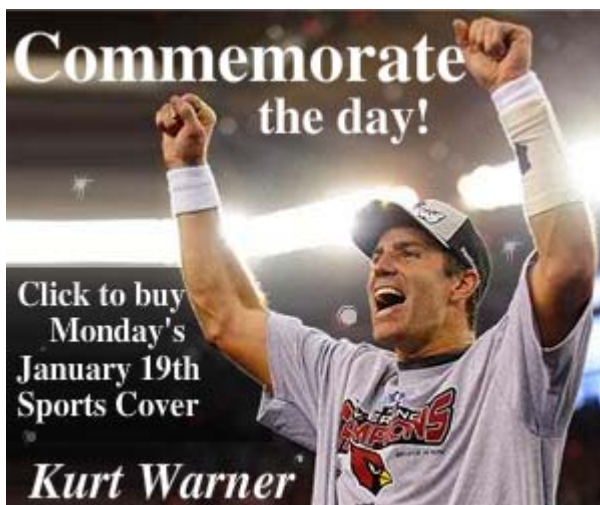
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- [Great chat today on the site. Hope more can join next week!](#)
- [What a great day yesterday for Rivalry Saturday. Hope everyone checked out the live blog. Weekly chat tomorrow at noon.](#)

- www.iowaprepsports.com will have live blogging all day Saturday! Six girls' games starting at 11:15.
- Rivalry Saturday is Jan. 24th. Six girls basketball games and six live blogs. Maybe it will be 45 degrees by then.
- Weekly chat with Gazette Sportswriters starts Monday @ Noon! Join the fun at www.iowaprepsports.com.

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