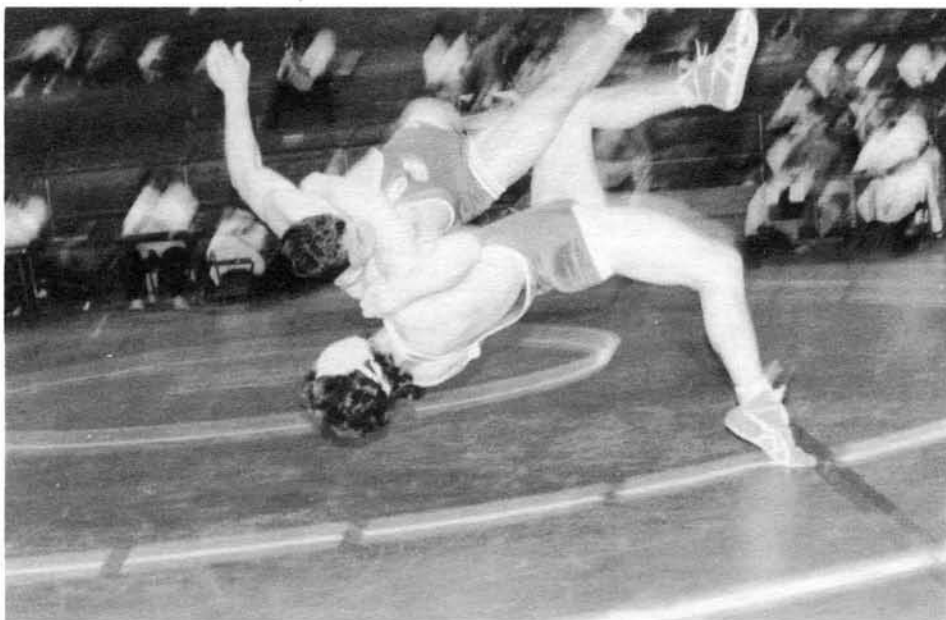


Rochester Wrestling News

Amateur Wrestling in and around Rochester (NY Section Five)
684 Calkins Road Rochester, NY 14623 (716) 334-6454

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Volume 2, Number 4 April 1989



Fritz Zagorski, 125.5 pounds, Brockport State, throwing Long Island opponent en route to a technical fall at the recent Northeastern Regional Espoir Championships in East Stroudsburg, PA. Zagorski, a freshman All American, won this Greco Roman event with an 11-5 win over Joe Amuso, NY. Last year, Fritz was eighth in the US Olympic Trials in Greco Roman. He is a many-time ESG and NYS freestyle and Greco Champ. RWN will have a profile on Fritz in the next issue.

NCAA Division III Results

March 3-4, 1989

Ithaca College takes first-ever title

The Ithaca College wrestling team captured its first-ever Division III National Championship on March 4th at the event hosted by John Carroll University, Ohio.

The victory marked Ithaca's third male team sport championship within a year, a feat accomplished by the baseball squad last spring and the football team in the fall.

The wrestlers used a balanced attack as five wrestlers earned All American honors (top eight).

"We wrestled consistently well throughout the tournament, and that was a big factor," noted Bomber coach John Murray, who was named the NCAA Division III Coach of the Year following the tourney. "The team also accumulated additional points through pins and superior decisions and that helped us build an advantage."

A trio of grapplers finished second for Ithaca. At 142 pounds, junior Ron Gross (Ontario) pinned his first two opponents, won superior decisions in the quarters and semis, and lost in the title match to three-time champ Shaun Smith of Delaware Valley. Junior Dan Bieller (Wexford, PA) claimed four matches before losing in the

continued on page 3

USA Wrestling Tourney North Rose-Wolcott HS

On April 15, USA Wrestling sponsored a freestyle tournament for junior and open competitors. The top six in each weight class qualified for the State Championships in Binghamton on May 26-28. The largest weight class, 143, had eleven entries. The winner was Chad Sheldon of Fulton, followed by Jim Barbato and Todd Hine.

Juniors

98 1 David Wunder, Lyons
2 Danny Henner, Red Creek
3 Ethan Sinnott, Brighton
Wunder won by pin 3:41 over Sinnott, pin 2:37 over Daryl Lyon, and forfeit over Henner.

105 1 Eric Barcomb, Oswego
2 Pietro Furguele, ER
3 Steve Gross, Mustang WC
Barcomb won by 6-5 (Furguele) and pin 3:32 (Gross).

114.5 1 Roy Frey, ER
2 Jeff Mohr, Roch WC
3 Wayne Homan, NRW
Frey won by pin 2:50 ((Mohr), pin :29 (Rich Lyon), pin 2:36 (Tim Steves), pin 4:30 (Homan).

123 1 Gary DeCarr, NRW
2 Justin Raines, RWC
3 Brian Stisser, Southern Tier
DeCarr won by 12-3 (Mike McIntyre), pin 4:10 (Dave Stoddard), pin :29 (Stisser), and 11-0 (Raines).

132 1 Anthony Conte, Brockport
continued on page 2

Wrestler's Corner How to Intimidate your Wrestling Opponent

by Clint Cassing
Raytown High School
Raytown, Missouri

reprinted with kind permission from Wrestling USA Magazine, March 15, 1988

Frequently two wrestlers are equally matched. The end result, a win or a loss, may depend on who is best at keeping his mind on the match. So, how do you intimidate your wrestling opponent?

The first chance to "psych-out" the competition is during weigh-in. As soon as your opponent gets undressed, watch for any weakness. Does he have small legs, thin arms, a big belly? Or does he favor a wrist, ankle or some other part of his body? Mention a flaw you find so your competitor can hear. Such as, "Brian, take a look at the Tweety Bird legs." Then hopefully when he sees you on the mat, his thoughts will return to his legs. To keep your opponent from noticing your flaws, appear stronger than you are by looking relaxed and bulging your muscles. Do this by keeping your arms straight and flexing your biceps.

During prematch warm-up and while waiting for your match try to keep your opposition mentally off guard. Stare at him often. If he meets your stare, smile and shake your head. Also start warming up at least three matches before your weight is called. A few minutes before your match is called,

continued on page 2

RWN Goes Monthly!!!

Since we started RWN, subscriptions have been sold on a ten-issue-per-year basis (every month except May and September). The staff, however, has decided to make it a monthly periodical. We will now be publishing RWN *each and every month of the year* - at no extra charge.

We just decided that it would be more consistent and reflective of wrestling if it were truly a monthly magazine. A lot of good wrestling occurs every month, and we'll be covering it.

Thanks!!!

-Mike

Rochester Wrestling News

RWN is a Monthly magazine. It is published each and every month of the year. Issues put out during wrestling season (November to March) contain even more news than normal.

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NRW USA Wrestling, cont

- 2 Shawn Bauer, Gates
3 Scott Sheppard, Mustang WC
Conte won by pin 1:16 (Brian Jeary), 14-2 (James Jarvis), pin 1:21 (Adam Backus), 6-5 (Shawn Bauer), pin 2:35 (Sheppard).
- 143 1 Chad Sheldon, Fulton
2 Jim Barbato, Gates
3 Todd Hine, Bloomfield
Sheldon won by pin 1:42 (David Laird), 15-0 (Kevin Tretter), tech fall 4:50 (Jim Barbato), default (Bryan Knauss).
- 154 1 Frank Trigg, McQuaid
2 Stephen Taylor, Brockport
3 Ken Porter, Southern Tier
Trigg won by 15-6 (Todd Miller), pin 2:14 (Tom Tretter), 4-3 (Jeff Voci), 14-1 (Jack Kosmicki), 12-11 (Taylor), and pin 1:53 (Ken Porter).
- 165 1 Adam (Scott) Reddick, RH
2 Jason Bovenzi, Athena
3 Brian Gray, Southern Tier
Reddick lost 7-6 to Gray, pin 1:07 (Mark Fuller), 12-4 (Bill Miller), pin 1:29 (Shayne Bogardus), inj def (Bovenzi).
- 178 1 Terry Lucero, Bloomfield
2 Larry Zerniak, Mat Power
3 Chris Zerniak, NRW
Lucero won by 13-1 ((L Zerniak), and pin 4:54 (C Zerniak).
- 220 1 Anthony Ricci, Olympia
2 Troy Stark, Canandaigua
3 Jim Pulvino, Midlakes
Ricci won by pin :53 (John Nutt), tech fall (Pulvino), 19-4 (Kevin Moore), and pin 1:13 (Stark).
- 275 1 Johnathon Porschel, Midlakes

Open Division

- 136.5 1 Fritz Zagorski, Brockport
2 Chris Stevens, Brockport
3 Maurice Clarke, Lilac
Zagorski won by 15-0 ((Matt Blood), pin 4:56 (Stevens), and pin 2:46 (Clarke).
- 149.5 1 Scott Detore, Brockport
2 Eric Toal, Southern Tier
3 Eric Simpson, Southern Tier
Detore won by 16-0 (Eric Baist), pin 1:10 (Kevin Andre), pin 3:16 (Todd Wersinger), pin 4:30 (Simpson), pin 3:39 (Toal).
- 163 1 Ron LaBeef, Fulton
2 Shawn Costello, MCC
3 John Maldonado, Alfred
LaBeef won by 10-3 (Tony Ferrara, Alfred), pin 4:24 (John Pulvino), pin 4:35 (Costello).
- 180.5 1 Ken Copella, Brockport
2 Charles Clarke, Lilac
3 Mark Cammilleri
- 198 1 Craig Williams, Alfred
2 Jim Barclay, Mustang
3 Vange EGGLESTON, Lilac
Williams won by 8-3 (Barclay) and pin 4:06 (Eaggleston).
- 220 1 Paul Wendel won 12-1
2 Jerry Haers

Wrestler's Corner, cont

immediately run out on the mat. As soon as the referee says, "Shake hands," give him an extra firm handshake. This shows strength and may cause your opponent to start fearing his own weakness.

Try to break your competitor's concentration during the match. While in your stance, keep your arms, legs, and the rest of your body shaking. Quiver in anticipation of the takedown. As soon as you takedown your rival, move away from him and let him back up in order to make him feel like you're the cat and he's the mouse.

If your enemy is near out-of-bounds, jerk the foe back toward center mat. Whenever you're in body contact, ask your competitor questions like, "Did you have trouble making weight?" or "Does it hurt?" If he answers, you know you have broken his concentration.

While wrestling is a sport that takes skill, quickness, and dedication, it's also a mind game. To win, you must have a positive attitude, be able to concentrate on the next move, and out-wit your opponent. If he can be intimidated, it could give you the edge you need.

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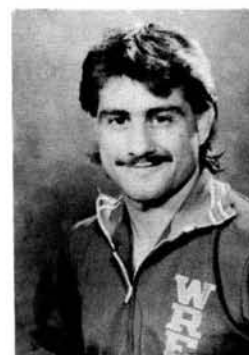
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Gene Mills

NCAA Div III, cont.

177 pound finals, 4-3. Junior Mike Fusilli, Rochester, had four wins, including two in overtime, before dropping the 190 pound final, 3-2, to Dean Gavin of Wartburg.

Next year, practically the whole Ithaca team is back, along with national champ Mike Cronmiller, who redshirted this season. Tim Habecker, a surprise non-qualifier, will be back challenging for the title. Looking for spots will be Ray LaChase, Spencerport and Chris Passero, McQuaid.

Fritz Zagorski, Brockport 126 pounds, took a strong third place. He was the only one at 126 to give Montclair's Pete Gonzalez a battle. Gonzalez, a three time NCAA champ, beat Zagorski 12-6, but was nearly beaten in that match.

Local placewinners are indicated by bold.

Team scores: Ithaca 72.5, Delaware Valley 64.5, Augsburg 61.5, John Carroll 59. Local teams: Cortland 7th, Brockport 12th, St Lawrence (last year's champs) 22nd, Oswego 26th, Albany 31st, Oneonta 34th, RIT 47th, Potsdam 53rd, etc.

- 118 1 Dave Jordan, Buena Vista 2-1
- 2 Joe Dastli, Kean
- 3 Scott Martin, Rhode Island pin 4:56
- 4 Troy Monks, Brockport**
- 5 Chris Hoffman, Central 6-5
- 6 Mitch Hegland, Augsburg
- 7 Eric Chia, Plateville 11-4
- 8 Steve Rivera, Trenton

- 126 1 Pete Gonzales, Montclair pin 3:34
- 2 Pete Hayek, John Carroll
- 3 Fritz Zagorski, Brockport 12-3**
- 4 Chad Beck, Central
- 5 Joel Lamson, Ithaca 1-0 OT**
- 6 Dave Regina, Oneonta
- 7 Brian Allen, Rhode Island 4-0
- 8 Tim Gerber, Elizabethtown

Brian Hart, RIT, went 1-1 and did not place. Fritz Zagorski, Eastridge, gave the champ, Gonzales, his toughest match, 12-5. Gonzales pinned everyone else, and went on to place in Div I. Joel Lamson, Waterloo, went 3-1.

- 134 1 Bob Berceau, Stevens Point 2-0 OT
- 2 Chris Cuffari, Trenton
- 3 Wendel Donathan, Wittenberg 1-0 OT

- 4 John Beatty, Augsburg
- 5 Bob Carrigan, Chicago 12-0
- 6 Frank Genova, Kean
- 7 Tony Schaaf, Whitewater 4-3
- 8 Jeff Bakken, Buena Vista

Kevin Bishop, St Lawrence and Greece Athena, went 2-1, and did not place. He placed third last year.

- 142 1 Shaun Smith, Delaware Valley 13-5
- 2 Ron Gross, Ithaca**
- 3 Mike Collica, John Carroll 7-3
- 4 Brian Read, St Lawrence**
- 5 Jim Bogash, Upper Iowa 2-1
- 6 Todd Hibbs, Mount Union
- 7 Rich Venuto, Trenton 3-2
- 8 Todd Enger, St Thomas

Ron Gross, formerly of Wayne Central, gave three-time champ Smith his toughest battle. Gross was a high school state runnerup. Smith won his other matches by 22-8, technical fall, and 20-4. Brian Read is a former Byron Bergen wrestler; he placed in last year's nationals, as his team won the team championship.

- 150 1 Karl Monaco, Montclair 9-2
- 2 Dave Zariczny, Cortland
- 3 Shawn Voight, Cornell 1A 2-1
- 4 Donny Wichmann, Augsburg
- 5 Marty Nichols, Ithaca pin 1:15
- 6 Travis Young, Simpson
- 7 Nick Zupan, St Lawrence 8-4
- 8 Chris Zogby, Albany

- 158 1 Mark Ambrose, Delaware Valley 6-2
- 2 Eric Stewart, Central
- 3 Bob Llorca, Whitewater 5-4
- 4 Matt Kretlow, Augsburg
- 5 Scott Miller, Case Reserve pin 1:56
- 6 Mike Picozzi, Montclair
- 7 Sean Yengo, Cortland 12-4**
- 8 Toselli Silvestri, Gallaudet

Mark Ambrose was runnerup to Ithaca's and Edison's Mike Cronmiller, who redshirted this year. Sean Yengo, son of Eastridge coach Jack Yengo, went 3-2 to claim seventh. Brockport's rugged Ken Copella went 1-1 and did not place.

- 167 1 Randy Worrell, Delaware Valley 6-3
- 2 Joe Schmiat, John Carroll
- 3 Joe Whitters, Coe 6-0
- 4 Mike Yanosik, Cortland
- 5 Tom Rainville, Norwich 5-0
- 6 Jeff Voss, Wartburg
- 7 Greg Jones, Albany wb default
- 8 Scott Brown, Mount Union

- 177 1 Kevin Higgins, Baldwin Wallace 4-3
- 2 Dan Bieller, Ithaca
- 3 Peter Wang, Chicago 7-6
- 4 Jack Denholm, Wartburg
- 5 Carl DiBernardo, John Carroll 8-4
- 6 Greg Hanchim, Case Reserve
- 7 Mike Nisum, Coast Guard 4-1
- 8 Todd Silvestri, Gallaudet

- 190 1 Dean Gavin, Wartburg 3-2
- 2 Mike Fusilli, Ithaca**
- 3 Kevin Schiltz, Augsburg pin 5:22
- 4 Larry Danko, Kings
- 5 Rich Redfoot, Wash & Jeff 4-0
- 6 Rick Caldwell, Buena Vista
- 7 Tom Mahoney, Nillikin 9-2
- 8 Ben Weinthal, NYU**

Mike Fusilli, Bishop Kearney and Ithaca won by scores of 10-4, 3-0 OT, 7-3, and 1-1OT to make it to the finals, where he lost a close 3-2 decision. Ben Weinthal, NYU and Brighton won 2 and lost 2 to claim eighth.

- HWT 1 Vince Cameron, Ohio Northern 5-2 OT
- 2 Scott Dierks, Central
- 3 Jon Buhner, Oswego 2-0
- 4 Tom Fye, Luther
- 5 Chester Grauburger, Augsburg 8-3
- 6 Tim Macal, Upper Iowa
- 7 Ed Dupuy, Kean 8-6 OT
- 8 Randy Meyer, Whitewater

Wrestling Mat Wanted

RWN is looking for a wrestling mat to be used for weekend practices. If you have an old mat you would like to donate, please contact us. We would be willing to trade subscriptions for the mat.

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Summer Wrestling Camps

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(716) 394-6215 home
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Windsor, NY 13865
(607) 655-2029 or (607) 655-1501

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PO Box 729, Cornell University
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(814) 732-2853 office
(814) 734-4208 home

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Cape May, NJ July 16-20
PO Box 1142
State College, PA 16804

Clarion Univ Eagle Wrestling School
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July 10-15; July 17-22; July 24-29
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Clarion University Clarion, PA 16214
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(612) 379-3919

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(717) 893-2189 office

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Billy Martin's Granby School of Wrestling
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Iowa City, IA 52242

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California State Univ Fullerton
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Dan Lewis
(714) 773-2138

Sunkist Kids Wrestling Camp
July 23-28, July 10-Aug 4, July 22-Aug 4
Joe Corso, Camp Director
PO Box 1025
Glendale, AZ 85311
(602) 937-1641

Russ Houk Wrestling Camp
several sessions June 18 - Aug 13
605 Country Club Dr
Bloomsburg, PA 17815
(717) 784-6451

Russ Hellickson's Buckeye Camps
June 18-24, June 25-July 1, July 9-15
Wess Audsley
1950 Cannon Dr
Columbus, OH 43210
(614) 292-6302

Styles Change with the Season

A comparison of folkstyle, freestyle, and Greco Roman Wrestling
by John Leone, Assistant Coach, Brockport State

As the change of scene from Winter to Spring takes place, like clockwork the change from folkstyle wrestling to international style (freestyle, Greco Roman) takes place for high school and college wrestlers. This change is a time for learning new techniques, new styles and new rules. This is a chance for young wrestlers to gain an "extra season" and an edge on next year's competition.

The United States is the only country that competes in folkstyle. Other countries such as Bulgaria and the mighty Soviet Union concentrate strictly on the international styles.

International rules and scoring are different. A match consists of one five minute period with no rest. There are no draws; a tie match will be decided by a sudden death overtime (first wrestler to score wins).

In freestyle wrestling, points are awarded in a variety of ways. Takedowns can be worth one, two, three, or four points, depending on the move executed by the wrestler. The four point move is gained when a wrestler performs a high amplitude throw landing his opponent on his back. The most common takedowns, double and single leg takedowns, which take a wrestler from his feet to all fours, are worth one point.

Two and three point takedowns are gained by taking an opponent from his feet directly to his back. Depending on the amount of exposure of the back determines the number of points scored.

When wrestling on the mat there are a couple of ways to score. The most common way is to turn an opponent to their back with a move such as the gut wrench, which can score one or two points. One point is scored if he rolls hand to hand; two points if the roll is over the shoulders.

A five point move which is a grand amplitude throw can be gained by lifting an opponent from the bottom position and throwing above hip level with a back arch.

No points are scored for escapes in freestyle. When on the bottom position, the objective is to counter your opponent's attempts to turn you. If no action takes place in 20 - 30 seconds, then the match is returned to the neutral position. A reversal (when the man on the bottom completely reverses his position) scores one point.

Greco Roman wrestling rules and scoring are the same as freestyle. However, in Greco, no points can be scored by using the opponent's legs. This style is all upper body throws, which emphasize the use of body locks and arm spins. Pins in these two styles are one-half second as compared to the three second pin in folkstyle. Three officials are present during a bout (referee, judge, mat chairman) with two of the three confirming a call in order for it to be scored. Stalling is called more frequently in international style than in folkstyle. The use of the head to block moves in the neutral position is called immediately as passivity.

There is no doubt that folkstyle and international style differ greatly, but taking the time to learn this new style will enhance a wrestler's skills. Rumors tell us that the traditional folkstyle rules are being slowly changed to more closely resemble the international style. This will improve US performances at world levels. I have yet to see this, but let's hope it happens.

Note: John Leone is a graduate of Penfield and Brockport State. While at Penfield, he was runner-up to go to the states. At Brockport, he was a four-time All American. In his senior year, he won the Division III Nationals and competed in the Division I Nationals. John is doing graduate work at Brockport. He remains active in wrestling, and recently placed fifth at the tough Midlands Invitational Tournament.



France's Jocelyne Sagon, European champ at 57 kilos, prepares a crotch lift on American Deana Barbardo, of the Barbary Bobcats, a female freestyle wrestling club based in San Francisco, California.

NEW YORK STATE COLLEGIATE WRESTLING POLL

Poll No. 88:5
March 27, 1989

John W. Murray
Poll Coordinator

"TOP 15 TEAMS"

TEAM	DIVISION	RECORD
1. Syracuse	I	16-4-0
2. Army	I	12-5-0
3. Cornell	I	8-2-0
4. Ithaca	III	12-3-0
5. Columbia	I	7-2-1
6. Cortland	III	11-4-0
7. Hofstra	I	6-10-0
8. Buffalo	II	7-7-0
9. Brockport	III	7-3-0
10. Oswego	III	8-6-0
11. Albany	III	10-5-0
12. St. Lawrence	III	4-5-0
13. Oneonta	III	9-8-0
14. Wagner	I	9-11-0
15. USMMA	III	16-4-0

Flashback: Newark's Bob Button

Flashback: Newark's Heavyweight, Bob Button, who graduated in 1981:

...pinned every opponent his senior year in dual meets, tournaments, sectionals, and supersectionals.

...finished with 92 varsity pins. He wrestled five years at 215 pounds. He lost his first two matches in dual meets as an eighth grader on varsity and never lost another dual meet.

...owns the national record for most falls by an individual in a tournament (9) - the 1981 Section Five tournament.

Quotable:

John Smith, Olympic, NCAA, World Cup, World, Tbilisi, National Open, etc champion, on his thoughts after losing in the finals of the NCAA's as a sophomore:

"The solution to everything is to work harder."

NEW YORK STATE COLLEGIATE WRESTLING "TOP 80 INDIVIDUALS"

Poll No. 88:5
March 27, 1989

John W. Murray
Poll Coordinator

WT.	FIRST	SECOND	THIRD	FOURTH	FIFTH	SIXTH	SEVENTH	EIGHTH
118	Jim Fussell Syracuse (Sr)	Ken Gaudreau Columbia (Sr)	Troy Monks Cortland (Jr)	Brian Darling Oswego (Jr)	Jeff Anderson Army (So)	Adam Goldstein Wagner (Jr)	Gary Kozlowski Cornell (Sr)	Steve Mitola Albany (Fr)
126	Fritz Zagorsky Brockport (Fr)	Joel Lamson Ithaca (Jr)	Chris Labatte Cornell (Sr)	Paul Kuznik Army (Jr)	Todd Johnson Columbia (Jr)	Dave Regina Oneonta (So)	Jeff Jayne Syracuse (So)	Alan Amella Hofstra (Sr)
134	Rich Santana Syracuse (Fr)	Kevin Bishop St. Lawrence (Sr)	Tom Ferrari Army (Jr)	Mike Yankanich Columbia (Jr)	Dan Bertges Cornell (Jr)	Tim Cotter Ithaca (Jr)	Pat Greenlee Hofstra (Jr)	Keith Peavey Brockport (Sr)
142	Pat Welch Cornell (Jr)	Nick Garone Syracuse (So)	Brian Bartos Army (Sr)	Ron Gross Ithaca (Jr)	Brian Reed St. Lawrence (Jr)	Tom Green Cortland (Sr)	Chuck Boyle Columbia (Jr)	Bill Mallin Albany (So)
150	Tom Ryan Syracuse (So)	David Zariczny Cortland (Sr)	Joe Sabol Hofstra (Jr)	Steve Shone Army (Sr)	Toby Johnson Columbia (Sr)	Joe Guciardo Cornell (Jr)	Marty Nichols Ithaca (Jr)	Nick Zupan St. Lawrence (Sr)
158	Frank Ryan Syracuse (Jr)	Nick Mauldin Army (So)	Jeff Howard Buffalo (Jr)	Sean Yengo Cortland (Jr)	Tom Gleason St. Lawrence (So)	Tim Habecker Ithaca (Jr)	Ken Copella Brockport (So)	Dennis Markou Hunter (Jr)
167	Jason Morris Syracuse (Jr)	John Rippley Army (Sr)	Mike Yanosik Cortland (So)	Jim Capone Buffalo (Sr)	Ben Morgon Cornell (So)	Greg Jones Albany (So)	John Lamar Hofstra (So)	Kevin Kennedy Hunter (So)
177	Steve Hasenfus Columbia (Sr)	Darrin Farrell Syracuse (So)	Dan Bieller Ithaca (Jr)	Bill Barrow Army (So)	Wayne Ebanks Oneonta (Sr)	Bill Stanbro Buffalo (So)	Sean O'Neil Cornell (So)	Chris Roberts Albany (So)
190	Mark Kerr Syracuse (So)	Matt Gallagher Wagner (Sr)	Alex Porcelli Army (So)	Mike Fusilli Ithaca (Jr)	Ben Weinthal NYU (Jr)	Brian Quick Brockport (Fr)	Dave Vinson Potsdam (Jr)	Grant Gabel USMMA (Sr)
HWT	E.J. Pasteur Army (So)	Jon Buhner Oswego (Sr)	Rob Cole Syracuse (So)	Jeff Farrow Cornell (Sr)	Pat Versage Wagner (Jr)	Derrick Magwood Hofstra (Sr)	Wade Kirkpatrick Columbia (Jr)	Andre Dunlap Brockport (Sr)

NOTE: The New York State poll "top 80" individuals include only wrestlers who are enrolled full time and NCAA eligible.

As voted by the NYS Collegiate Wrestling Association's poll committee.

Female Freestylers

CA first in US to have female wrestling clubs
by Leia Kawaii

Reprinted with permission from *Wrestling USA Magazine* and The Barbary Bobcats

Forget the notions you have of women wrestlers. The sport is now open to girls and women in the US - the same sport that you men work so hard at. I'm talking about women wrestling freestyle and Greco Roman, just as men do. I wrestle on an all-women's team, the Barbary Bobcats and freestyle is what we do.

The Barbary Bobcats began about 15 months ago. At first, we were just a few women who enjoyed wrestling and got together to practice a few times a week. Back then, we didn't even know what freestyle was. Our approach to wrestling turned serious five months ago when our present coach, Jeff Ciminello, came on board. Jeff's been wrestling for 14 years and has an impressive background. Equally important, he works well with women. Initially we could practice only three times a week. Recently, however, we've begun practicing five days a week - not just during wrestling season, but year-round.

Why do women wrestle? For the same reason men do. It's fun - even exhilarating - to wrestle. The exercise is great. It's a sport that requires mental as well as physical agility. It's an activity where the individual, regardless of size, can excel - you can advance as far as your body and mind and training will take you. It's fine to practice wrestling against male opponents, but we want to compete against women also. There are no other women's wrestling teams - to our knowledge - in the US. Soon we hope there will be.

Various countries in Europe and Asia do sanction wrestling for females. France staged its first national competition for women in 1980. FILA recognized the women's team of Norway in 1986. Other European countries whose women's teams are recognized by FILA are Belgium, the Netherlands, Sweden, Denmark, and Finland. In Asia there are teams in Japan and Taiwan.

In 1987 the first World Championship for Women Seniors was held, followed by the Juniors' and Cadettes' World Championship in July 1988. In 1989 the Seniors get their chance again. This time there should be an American women's team.

Women have lots of catching up to do when it comes to wrestling. Men have been wrestling throughout history. For the most part, society has looked down on women who wrestled and has tried its hardest to prevent women from pursuing the sport. With the headstart that the European teams have, American women are even further behind.

On October 22, The Barbary Bobcats held an open tournament in San Francisco - the first freestyle tournament for women in America. Twenty-five women showed up to wrestle. Most of them were from California, but Maryland, New Jersey, and France were also represented. Jerry Wager officiated. Referees were Sheila Wager from Las Vegas and Art Dison from Southern California. Sheila Wager is one of eight wrestling officials in the US to carry the title, conferred by FILA, of exceptionelle. She is the first woman chosen to officiate at an Olympic wrestling event as was one of three American officials to work at Seoul during

the 1988 Summer Games. While the American women at our October tournament ranged in age from 16 to 50, the two French contestants represented that country's finest women wrestlers.

Jocelyne Sagon won the Championship of Europe this summer at Dijon in the 57 kilo division. Denise Picavet, now retired from competition, was Champion of France between 1976 - 1983 and was undefeated in over 250 matches. She and her husband were largely responsible for persuading the French Federation of Wrestling to include women. The Picavets still are very active in managing the wrestling club in their region, which has over 300 members.

On November 13, our club sent two women to the Second Dutch National Open Championships in Rotterdam - the first time American women competed abroad in a freestyle tournament. They returned with first and third place trophies. You'll read a report of this in the April issue of *Wrestling USA Magazine*.

It is exciting to be competing in a sport basically closed to women until now, but much work remains to be done. Many women who want to wrestle face formidable barriers. Yes, if they're still students they can wrestle on a boys' team provided the coach, school administration, and school board allow them to join. Not all coaches and school administrators are willing to accept a hard-working girl athlete in a contact sport, and several determined would-be female wrestlers have had to seek relief in the courts.

Outside of our own wrestling gym in San Francisco, we're not aware of any wrestling clubs that accept women. If you know of any clubs that do, please let me know.

Relative to men, there are few women wrestling freestyle, but here are more than you would think. We need to be in touch with each other so our message - it's OK for women to wrestle - can be heard. There is strength in numbers. Women wrestlers and coaches who know of women who have wrestled or would like to wrestle, please give us a call or drop us a note. You can reach the Barbary Bobcats 24 hours a day at (415) 824-5641. Write to us at 537 Jones Street, #822, San Francisco, CA 94102.

An Open Letter to Coaches

Dear RWN,

Much has to be done for wrestling to make it more attractive to students, parents, and fans. Here are a few items to throw around that may be of interest. If you look in the newspaper, you will see several long articles on "other sports" and a line or two on wrestling. We, as coaches, must share our anger to the press. We get very little ink or coverage in general.

Wrestling is a very long and demanding sport. A few years ago, there was someone who brought up shortening the season by starting after Thanksgiving, or even after the New Year. I don't know if this in the answer, but I do know that wrestlers lose out on vacations and suffer burn-out towards the end of the season.

Another problem is that New York State does not have two separate state championships, as others do; one for large schools and another for small schools. Some states even have three state class championships. I currently coach at a class D school, but we have been competitive with several Class A schools over the years. However, we do not get the exposure for competition as do the large schools. This in turn hurts the smaller schools in the Super Sectionals every year.

Getting more publicity and coverage, shortening the season, and having a large and small school state championship, I feel, will all be beneficial to the sport of wrestling in New York State and make the sport more attractive to all.

I'd like to hear from other coaches about their ideas concerning how to improve wrestling in New York or in our area.

Thank you.

Yours in Wrestling,

John J. Grillo

Wrestling Coach, Pavilion Central School
Big Tree Road, Pavilion, NY 14525

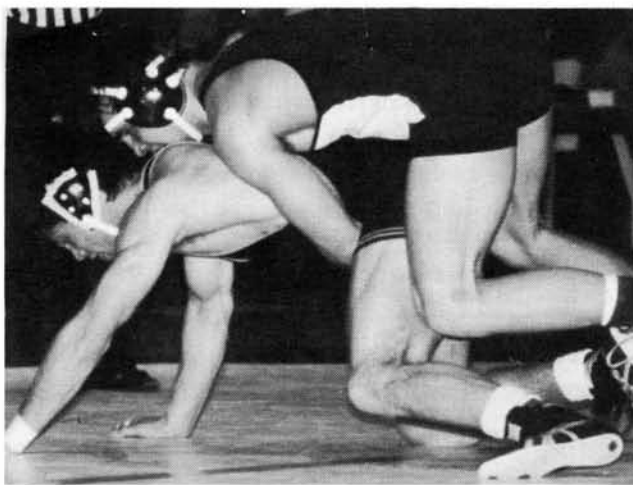
(716) 584-3115 school

(716) 589-7139 home

Editor's note: We welcome readers' letters on all topics concerning wrestling, and will gladly print all letters received.



Jimena Perez, left, working a high crotch TD on Mabel Hussein in the Barbary Bobcats' Open Freestyle Tournament, which took place on October 22, 1988. Twenty-five women competed in the tournament, the first of its kind in this country.



Edinboro's 134 pound NCAA champ, Sean O'Day applying a tight-waist ride against opponent. O'Day, last year's 142 pound runnerup in the NCAA's, shocked the wrestling world by dropping to 134 late in the year. Despite being seeded only third, he won six matches and took first place.

College Profile: Edinboro University

EU top eastern school at NCAA; O'Day takes 134 pound title

Fifteen miles south of Erie, PA, lies a small town well known as a scenic resort community. Edinboro has not been a Division I power for very long.

From 1982 to 1986, they competed at the Division II level. And from 1982 to 1984, they failed to score a single point in Division II NCAA tournament competition.

They hired Mike DeAnna. And whatever they're paying him, he's worth it. In 1985, the team jacked up to fifth in Division II, with DeAnna earning Rookie Coach of the Year honors. The following year, they were runner-ups, with DeAnna earning Coach of the Year honors.

1987 and 1988 were great years. The team jumped to Division I, and placed eighth and seventh in the NCAA's.

This year, Edinboro took ninth, higher than any other eastern school, including Syracuse. And Sean O'Day, 134, posted a 6-0 record and won the NCAA's, Edinboro's first Division I champ.

Last year, O'Day came close, dropping a wild 16-11 decision to Pat Santoro, Pittsburgh, at 142 pounds. This year, O'Day spent most of the season at 142. At the end of the season, he sucked down a weight class to 134 when All American Dan Williamson quit the team.

Sean, a three-time All American, won his first two matches by technical fall. Then he won by decisions of 17-4, 14-8, and 8-3.

The finals match was close, but won decisively by O'Day. "It was in the second period where I knew I had it won," O'Day said. "Coach DeAnna was yelling at me that Sewell was slipping, but coaches yell that all the time. This time, though, I could feel him tiring. That's when I knew I had him. If I had to, I could wrestle 15 minutes no problem. There was no way I was going to tire out, so it just became a matter of picking him a port. Things just went my way. I came out a bit nervous just because it was the finals. My old faithful - the ankle pick - came through for me again."

Edinboro's coaching staff is a big reason for their recent success. DeAnna, a 1981 graduate of Iowa University, was a four-time All American (and an NCAA champ) with a record of 123-18. And assistant coach Bruce Baumgartner is considered the best heavyweight in US history. In 1984, Bruce was an Olympic champion; last year he earned the silver medal. He is also a World Cup and World Champion. He has won every major wrestling title the sport offers.

EU's 118 pounder, Lew Roselli, a two-time NYS champ from Royallton-Hartland (Section 6), was voted Freshman of the Year. Roselli finished the season at 23-14-3.

Edinboro is within three hours of Rochester. Nearly 6,500 students attend the university, from all over the country. The university offers more than 100 undergraduate, graduate, and associate degree programs, a diversity unmatched by many schools. Some of the programs include allied health, business administration, communication, computer technology, nursing, and various pre-professional offerings such as law, dentistry, medicine, pharmacy and veterinary science.

For more information on the school, write: Edinboro University of Pennsylvania, Edinboro, PA 16444, (814) 732-2811.

Albion Youth Tourney

On April 9th, the Albion Wrestling Club Youth Tournament was held, with over 90 youngsters participating. Most of them were from Albion or Kendall.

8 and under

- 45 lbs 1 Adam Grillo, Alb
2 Lonnie Daily, Alb
3 Mark Johnson, Alb
4 Nathan Derwick, Alb

- 50 1 Curtis Fry, Ken
2 Pat Geoski, Ken
3 Stephen Kruger, Ken
4 Kyle Calabris, Alb

- 55A 1 Peter Borello, Alb
2 Franklin Downey, Ken
3 Justin Derwick, Alb
4 Kurt Charland, Ken

- 55B 1 Chad Arva, Ken
2 Lucas Morgan, Ken
3 Brian Baker, Alb
4 Lee Thompson, Alb

- 60 1 Kyle Johnson, Alb
2 Soren Johnson, Alb
3 Cory Brown, Ken
4 Jason Ebs, Alb

- 65 1 Matt Gould, Alb
2 Nathan Bloom, Alb
3 Adam Judd, Alb

- 77 1 Billy Wittman, Alb
2 Josh Nellist, Alb
3 Kevin Bently, Alb
4 Bradley Ettinger, Alb

- 85 1 Richard McClary, Alb
2 Bradley Watkins, Alb
3 Brian Allen, Alb

9 and 10 years old

- 60 1 Ashley Grillo, Alb
2 Robert Ralph, Ken
3 Bobby Dysard, Alb
4 Jesse Downey, Alb

- 70 1 Brian Aina, Alb
2 Brennan Wall, Ken
3 Zack Achzet, Alb
4 Guy Ciriello, Alb

- 75 1 Eric Flugel, Alb
2 Craig Watt, Alb
3 Matt Passarelli, Alb
4 Andrew Baron, Alb

- 80 1 Peter Smith, Alb
2 Alex Robinson, Alb
3 Donald McClary, Alb

- 85 1 Travis Smith, Ken
2 DJ Summers, Ken
3 Jeremy Miller, Alb

- 100 1 Adam Kurtz, Ken
2 Eric Conn, Alb

- 110 1 Jeff Higgins, Alb
2 Charlie Kramer, Ken

11 and 12 years old

- 70 1 Mike Rush, A
2 Brad Buckner, A
3 Eric Johnson, A
4 Jared Vick, K

- 85 1 Jim Marrin, K
2 Tom Pera, K
3 Rod Fry, K

- 104 1 Tom Moss, A
2 Michael German, A

- 112 1 Favian Lear, A

- 2 Kory Allen, A
120 1 Mike Bakeman, A
2 Robert Maxwell, A

13 and 14 years old

- 91 1 Tom Rush, A
2 Steve Watt, A

- 105 1 Clark Shaffer, A
2 Steve Marion, K
3 Matthew Bucek, A

- 155 1 Bill Putman, A

Thanks to the parents, the high school team, and all others who assisted at the tournament.

UB's Howard Second in NCAA's

University of Buffalo junior Jeff Howard had a successful season at 167 pounds this season. But late in the season, teammate Jim Capone took his varsity position away. Capone, a senior from Watertown, was not able to make the 158 pound weight as he had last year. To earn a spot, Capone defeated Howard in a wrestle-off.

Rather than sit the bench, Howard moved down to 158. "The first three or four times, it was really hard keeping the weight. But after a while, my body got used to it," says Jeff.

"At first, I didn't really know what to expect in competition. But after a couple of dual meets, I knew things would work out. I didn't think I'd make the finals of the nationals, but I knew I would make All American," he relates. "Also, the kids at 158 are much quicker, but no as strong as those at 167. My strength helped me out. I overpowered a lot of guys."

At the Division II Nationals at California University of PA, Jeff, seeded fifth, had a bye the first round. Then he posted an 8-2 win over Cal State's Brent Kranig, the number four seed. To make it to the finals, Howard won, 8-6, over a tough Johnell Gainey, the eighth seed. Earlier, Gainey had decked the top seed, Kurt Johnson, in the third period.

Howard's opponent in the finals was Tim Briggs, from the University of North Dakota. Says Jeff, "I was really nervous going into it. He took me down twice right off the bat, so I was behind early and never caught up. I wasn't mentally prepared as well as I could have been. But once I calmed down, the match went pretty much my way."

Jeff lost a highly competitive 10-7 decision. So competitive, in fact, that he was selected to compete in the Division I Nationals as a wildcard entry. There, he lost in the first round to Dave Williams, Boston University, 7-0. He finished the season at 28-10-1, the best on the UB team this year.

Next season, Howard plans on starting at 167 again and getting down to 158 mid-way through the season. "It worked out well this year, so I don't want to change anything," says Jeff.

Howard is from Wayne Central, where he posted a 96-22-2 record. He was a Section Five champ as a senior at 145 pounds. He is a math major with plans on going to graduate school. In the offseason, Jeff wrestles in open tournaments. His goals next year are to win the Division II NCAA's, and then do well in the Division I tournament. He'll be well prepared to do that.



UB's Jeff Howard, only a junior, placed second in NCAA Division II tournament. Howard will be back next year to shoot for first place.

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Wrestling at RH Jr High

On February 28th, the Henrietta Recreation Dept started its Instructional Wrestling Program at RH Junior High School (Roth) on East Henrietta Road. Boys ages 8 to 14 are eligible. Contact the Henrietta Recreation Office, 475 Calkins Road, 334-7700, extension 40.

Rochester Lilacs W C

The Rochester Lilac Wrestling Club is now working out at Marshall High School, 180 Ridgeway Ave, on Wednesdays, from 6-8 pm. They'll continue until the end of the school year (end of June). Registration is just \$15.00. A USA Wrestling card is required, and can be obtained at practice (cost \$15.00). Practices are run by Coach Mike Cronmiller, and all are invited.

Upcoming Tournaments

Sat April 29
Kids/Cadet Freestyle
Irondequoit High School
Mike Smalldige (716) 247-7782

Sat April 29
Junior / Open Freestyle
Baldwinsville High School
Bill Halpin (315) 638-1250 home
(315) 638-8837

Sun April 30
Junior / Open Freestyle
Niagara Community College
Mike Smalldige (716) 247-7782

May 5-7
Kids NYS Championships
Freestyle & Greco Roman
Syracuse University
Don McGee (315) 443-2508 or
(315) 633-9362

Sat May 6
USWF Freestyle Qualifier
Wilkes College Wilkes Barre, PA
Owen Costello (717) 829-1733

May 13
Freestyle Qualifier
Everett Area High School
Everett, PA
James Droz (814) 652-5876

Fri-Sat May 19-20
Northeast Kids/Cadet
Schenectady, NY
Mike Smalldige (716) 247-7782

Sat May 20
Junior/Open Freestyle
Brighton High School
Mike Smalldige (716) 247-7782

Fri-Sat May 26-28
NYS Championships
Junior Freestyle / Greco Also: Open div.
Mike Smalldige (716) 247-7782

Sat June 17
Empire State Games Trials
Scholastic Freestyle / Open Greco
Olean Rec Center 8:00 am

Sun June 18
Empire State Games
Scholastic Greco / Open Freestyle
Olean Rec Center 8:00 am

June 29-July 2
Cadet Nationals / Warrensburg, MO
Mike Smalldige (716) 247-7782

July 16-22
Junior Nationals. For more info, and for other
USA Wrestling events, call Mike Smalldige
(716) 247-7782. As you know, Mike is the Chair-
person of USA Wrestling for our area, and has in-
formation concerning their events.

Wrestling Officials Association (WOA) of Section 5

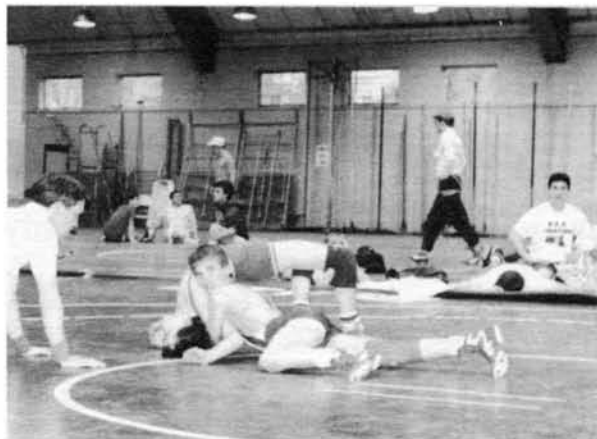
Executive Committee

Following are the executive committee members of the WOA. Please contact them should you need information.

President & Interpreter - Don DeBads
Geneseo Central School Geneseo, NY 14454 (716) 243-3450

First Vice President - Steve Dalberth
3767 White Rd. Marion, NY 14505 (315) 926-5858

Second Vice President - Jim Wild
1727 Maplewood Dr. Farmington, NY 14425 (716) 398-2867



Joe Smalldige, 105.5 pounds, pinning opponent in Greco Roman Northeastern Regional Junior Championships in East Stroudsburg, PA, on March 31 - April 1. Smalldige placed second to Chris MarcAurele. MarcAurele was a New England State Champ with a 44-0 record.

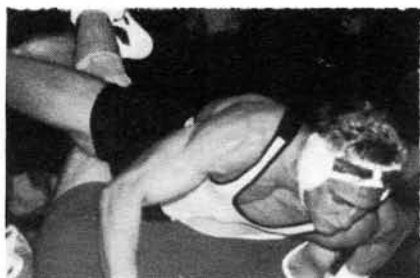
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