

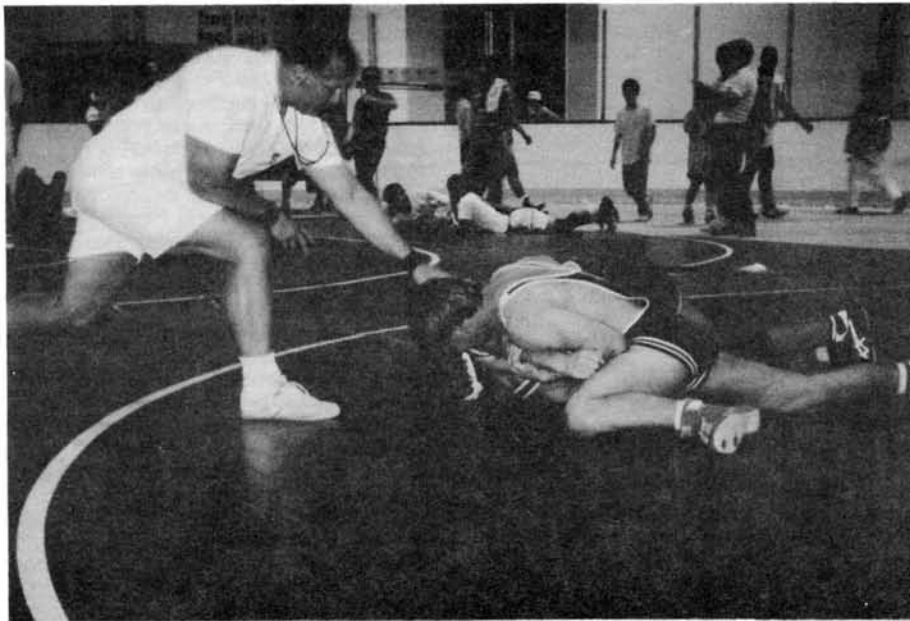
# Rochester Wrestling News

Amateur Wrestling in and around Rochester (New York Section Five)  
Volume 2, Number 8 August 1989  
Last Issue Under this Title



## RWN Expanding, Changing Name!

"New York Wrestling News" to cover all of New York State,  
with issues coming out eight times per year.



Letchworth's Bill Miller, Scholastic 165 pounds Greco Roman, pinning his opponent on the way to first place in the Empire State Games Western Regional Trials. The Trials were held at the Olean Rec Center this year.

## Section Five Empire State Games Results

It's not a simple task earning a medal in the Empire State Games. First of all, just to get there takes a big effort. You have to either win or place second in one of the six regional trials (Western, Central, Adirondack, Hudson Valley, Long Island, and New York City).

And when you do get to the finals, you're wrestling the best guys in the state - in a hot, humid gymnasium in front of some not-too-friendly fans.

So don't be surprised at the relatively few number of medals won by Rochester area grapplers. In all, we took four gold medals, three silvers, and four bronzes. And fourteen others placed in the top six. In all, Rochester area wrestlers earned 11 of the 120 medals awarded overall.

**Terry Lucero**, 178 pounds scholastic freestyle, Bloomfield, won a gold medal

with six straight wins. In his first match against Central's Todd Webb, he was thrown for five points right off the bat. He retaliated with his own five-pointer, then went on to win 13-6. Webb later won the Greco competition.

Next, Terry won 8-2, followed by a disqualification win over Chip Foster, fifth place finisher in this year's states. Lucero then beat Emilio Collins (third in the states), 5-2. The next victim was Mike Thompson 4-2, then Collins again. Nursing an injured shoulder, Lucero clung to a tight 3-2 win. Said Bloomfield coach Gene Wild, "Anything Terry does, doesn't surprise me. He's that good."

With his impressive victory, Terry sparked the interest of several Division I schools, like Syracuse, Cornell, Bucknell, Oklahoma, Northern Iowa, and others. Given the fact

After a year of concentrated reporting on Section Five Wrestling, RWN is expanding its coverage to include all of New York State. Effective next month (September), the publication will be called **New York Wrestling News**.

Current subscribers will continue receiving news and photos about wrestling - in Rochester, and all over New York State. **New York Wrestling News** will give each area in NYS equal exposure. This change will improve the magazine, and make it more enjoyable for more readers.

For local fans, rest assured that dual meet and tournament results will still be covered in full by **New York Wrestling News**. As a special bonus, all current subscribers to RWN will have one free month added to their subscription.

**New York Wrestling News** will come out eight times per year:

**September** - summarizing late summer tournaments, including the Empire State Games

**November** - previewing the season with profiles, photos, and state-wide rankings

**December** - covering early season results and rankings

**January** - highlighting holiday tournaments and mid-season rankings

**February** - reporting on late season duals, conference championships, and state qualifiers; also state tournament rankings

**March** - covering the results of the State Tournament; also spring off-season tournament results

**May** - highlighting the All New York team selections and spring tournaments

**July** - reporting on tournaments, USA Wrestling events, and a preview of the ESG's

And we will continue reporting on collegiate, youth, international, and related events. We have also added some features, like rankings and the NYWN Championship Ring. Also, successful college programs and past NYS wrestling greats will periodically be profiled.

Please let us know what other ideas you may have for our newly-expanded publication. Now, more than ever, we really need the support of all coaches and fans.

Thanks for all your support so far! We are looking forward to many years of your readership. □

Mike & Kris Morone

continued on page three

## Coming Next Month: New York Wrestling News

Next month, RWN will be expanding its coverage and changing its name. As of September 1989, the publication will cover wrestling for all of New York State. It will be called **New York Wrestling News**.

**Subscription price** is \$16.00 for one year - eight issues. We will be selling NYWN at some events for the cover price of \$2.00 per issue. However, subscribe now to make sure you don't miss any of the action.

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For 20 annual subscriptions: \$160 per team  
For 25 annual subscriptions: \$200 per team

Team subscriptions are for high schools, junior high schools, colleges, and clubs. Issues will be mailed to one team location only.

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All contributions to NYWN are welcome! We need all kinds of photos (black and white or color); dual meet and tournament results; wrestler profiles; ranking information; articles; and other newsworthy items. Please help us by submitting your contributions now! Thanks!!!

**New York Wrestling News** is published by the owners of Rochester Wrestling News. However, **New York Wrestling News** is not associated with any other publication. We are devoted to comprehensive coverage of all levels of amateur wrestling in New York State.

Advertisements are most welcome. Please call Mike at (716) 334-6454 (evenings) for current rates and readership / circulation facts. All Advertisers receive free one-year subscriptions to NYWN.

## East-West Day Revisited:

Nostalgia from 1967-69  
by Scott Justice

One of the big traditions in Monroe County wrestling has been East-West Day, where the top team from the County East met the top team from the County West. The format is slightly different now, but it's still popular. The first three years of East-West Day saw Eastridge and East Rochester as opponents.

The very first one was on February 11, 1967 and the host Bombers beat Eastridge 25-17. The Lancers won the first two matches as 98 pound Ron Pierce beat Emedio Sebastian 5-3, and 106 pound Bill Prince shut out Doug LaPietra, 8-0. The Bombers took the next

two matches, with wins coming from Jim Tortorici and Jay Potter.

Dan Street, 130, put Eastridge back in contention with an 8-2 win over Ed Loughlin, but ER came back with four straight wins.

Dennis LaComba beat Tom Scalzo, 8-3; Tom Kostecke, 141, edged Jim Nowak, 5-4; Don Lege beat Tom Aratari, 8-1; and Dan Lanzone, 157, beat Paul Gryzmkowski, 4-1.

Lancer captain Chris Scalzo mastered Jim Boyce, 8-2, at 162, but ER picked up its final win when Joe Calente pinned Dan Gorski. Lancer heavyweight Jim DeMarco flattened Sam Muto in the final 30 seconds of that bout. This was DeMarco's senior year, and every match that year ended in a pin either for or against him. He won the vast majority of his matches, but never went the full six minutes.

One year later, on February 10, 1968, Eastridge got revenge, 25-21. In a rematch at 98, Bomber Emedio Sebastian avenged the previous year's loss to Ron Pierce with a 6-4 victory. All three Prince Brothers won for Eastridge - Tom (106), Bill (115), and Bruce (130). At 123, Jim Tortorici helped the Bombers by pinning Chip Law in 4:53. In all seriousness, Law went on to study law and eventually become a lawyer!

Next, Dan Street, Eastridge, won over Jay Potter, 5-4. Dennis LaComba won for the second year in a row with a 12-2 decision over Chuck Wisniewski, and Lancer Jim Nowak decisioned Dave Young, 7-2.

The key upset came at 157 when Eastridge's Jack Romano decked Mike Duffy in 31 seconds, although it was Dan Gorski's 7-5 victory over Jim Boyce at 183 that sealed the meet for the Lancers. The Bombers took two other matches when 168 pound Tim Gay pinned Dick Duncan and heavyweight Joe Galante pinned Gary Siconolfi.

The following year, on February 15, 1969, East Rochester captured the third East-West Day 24-14. ER's Emedio Sebastian at 98 competed in his third East-West Day and beat the late John Roberts, 8-0. Sebastian would later wrestle for MCC, and later still, become an ordained minister.

At 106, Brian O'Lena of ER blanked Lou Luppia 8-0. Sam Tortorici followed in his brother's footsteps by beating Chip Law next, while Tom Prince kept his family tradition alive by winning for the Lancers at 123. Jay Potter made it 2-1 in his third East-West Day appearance by stopping Eastridge's Vince Volpe, 8-2.

After losing in the first two events, Bomber Ed Loughlin finally came out on top with a 4-3 win over Tom Polsinelli. Eastridge took the next two as 141 Tom Scalzo beat Pete Duffy, 6-2, and 148 Jim Nowak topped Dick O'Lena, 7-1. The Bombers then won three in a row to put the win out of reach.

The grudge match came at 168, where Mike Duffy avenged his previous year's loss (a 30 second pin) to Jack Romano, 7-1. Tim Gay at 178 bested Gary Siconolfi, 6-3. Dan Gorski won at heavyweight for the Lancers with a pin at 1:13, but for the third straight East-West Day, the meet was decided before this match, and the losing team's heavyweight pinned the winning team's heavyweight. At that point, few cared. □

## Rotator Cuff Injuries: Prevention & Treatment

by Tony Oliveri, M.S., P.T.

Although many people equate rotator cuff injuries with baseball players, it happens to be a very common injury among wrestlers. Sometimes the injury goes undiagnosed. This could occur because the wrestler fails to go to a doctor. If he does go to a doctor, the injury may be difficult to diagnose because there are a number of other injuries that could mask a rotator cuff injury.

These injuries include bruises, separations, and bursitis, to name a few. If shoulder pain or weakness does not improve after a week, the problem should be reported to your doctor. Sometimes special tests are needed to detect rotator cuff tears.

What is a rotator cuff, anyway? Rotator cuff refers to a group of four muscles in the shoulder. These muscles help to stabilize the shoulder and participate in almost all shoulder and upper arm movements. A loose or "subluxing" shoulder can cause irritation to the rotator cuff, but not necessarily fear it.

In wrestling, sudden or violent movements of the arm, especially behind the back or overhead, can strain or tear the rotator cuff. The movements affected by a rotator cuff injury can involve inward and outward rotation of the arm, as well as lifting the arm forward or sideways. Often, lifting the arm out to the side is the most painful movement. In a severe injury, the wrestler will barely be able to lift his arm up.

**Treatment:** Once a rotator cuff injury has been diagnosed, various things can be done. The physician may require the wrestler to wear a sling for a few weeks, to allow healing. The physician may also refer the athlete to a physical therapist. Physical therapy can include ultrasound, electrical muscle stimulation, ice, and special rehabilitation exercises. In severe cases, surgery is performed by an orthopedic surgeon. After surgery, extensive physical therapy is often done, to help regain strength and range of motion in a safe manner.

**Prevention:** It is impossible to prevent every injury, but certain measures help. These include flexibility exercises, and strengthening. All of the traditional weight training exercises are OK, unless they cause pain. Also internal and external rotation exercises are very useful for the rotator cuff. If you're not familiar with these exercises, consult an athletic trainer or physical therapist who has a lot of experience with these types of injuries. How do you know if they are experienced? Ask them! Also, many coaches are familiar with rotator cuff exercises.

*Editor's Note: Anthony C. Oliveri, M.S., P.T., physical therapist, is a former star wrestler for Irondequoit High School and SUNY Buffalo. Dr. Oliveri recently announced the opening of Physical Therapy Associates/Athletic Injury Center. Oliveri was formerly Clinical Director at Sportscore, where he helped to rehabilitate industrial and car accident victims as well as high performance athletes from the junior high athlete to Olympians and professional athletes. Dr. Oliveri is President and Chief Clinician at Physical Therapy Associates Athletic Center. He is a member of several professional organizations, and in 1987, Dr. Oliveri was honored with a national research award by the American Physical Therapy Association. □*

Scott Justice, Pastor

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## EGS, continued

that he is a solid student academically, he stands a good chance at getting into one of these top schools. Lucero will continue his weight lifting program until school starts. Then he will play soccer as a way of getting in shape for wrestling. It's expected he will compete at 167 or 177.

**Fritz Zagorski** once again proved himself in Greco competition, this time up a weight class, 136.5 pounds. As strong as he is, he decided to go on an intense strength-building program. For this, he went to Wilkes-Barre, PA to train under his cousin Stan Blazek. Stan is a world record-holding power-lifter who originally turned Fritz on to lifting. Zagorski put on fifteen pounds of solid muscle under this program.

In Ithaca, his first opponent decided to withdraw rather than tangle with Fritz. Fritz then back played and decked Israel Olang, Hudson Valley, followed by a rematch against Kevin Foster of Lancaster. Foster had beaten Zagorski in the qualifiers, where Fritz wasn't wrestling "for real". In Ithaca, however, it was for real, and Fritz needed only a minute and a half to score a fall. Next was a 15-9 win over lanky Sam Greene, LI, and a finals fall over Chris O'Bryne.

This totals five Empire medals for Zagorski - three golds and two bronzes. Fritz will now take a little time off from wrestling while he continues his weight training program. Practice will start again at Brockport State early in the school year. With his weight at 147 now, Fritz will try to make 126 again for this coming season. And even if he goes 134, or 142, it's a given he'll be hugely successful again.

**Steve Cronmiller**, 192 Scholastic Greco, took a gold medal home. He also picked up a bronze in freestyle, while brother Mike placed third in Open Greco and brother Bill took fifth in Open Greco. Steve has a year remaining at Edison, and is sure to surprise a lot of opponents this coming year. Don't be shocked to see this versatile athlete representing Section Five in Syracuse in March.

**Brian Gray**, Wellsville, proved a lot of critics wrong as he stole the gold in the Scholastic Greco tournament. It turns out a disappointing performance in freestyle sparked Gray to his first place Greco title. In freestyle, he won four matches and lost two in taking fifth. In Greco, he scored four pins and lost a close decision. The loss came against an opponent who lost to a guy Gray pinned in 39 seconds. That win

clinched the gold medal. In all, he had eleven matches, winning eight. Brian will soon be starting football, and after that, will be back at 155 pounds again.

**Dan Payne**, Victor, 165 freestyle, surprised observers with a solid fourth place finish, ahead of Brian Gray's fifth. Payne was winning in the bronze medal round, but was caught in a pin. **Mike Licata**, 178, also did well with a fourth place finish behind Lucero, Collins, and Thompson. Other athletes who did well include **Roy Frey** and **Jeff Mohr**, both second in scholastic Greco, **Mike Fusilli**, runner-up in Open Greco, **Chris Metcalf**, **Mike Cronmiller** and **Tim Habecker**, bronzes in Open Greco.

Overall, the Western scholastic team did well, unofficially taking second place in both styles to Long Island. The Open squads did not place as high, but it was interesting to note the greater success of the Greco team. The Open Freestyle competitors managed only two places (neither was for a medal), but the Open Greco team took seven places (four of them medal places).



Rick Sadwich, Hilton and Syracuse University, working out at the Great Lakes Wrestling Camp. Sadwick redshirted this past year at SU.

## Section Five ESG Placemen

### Scholastic Freestyle

- 52K Chris Terrigno, sixth
- 55 Justin Raines, fifth
- 55 Gary DeCarr, sixth
- 75 Dan Payne, fourth
- 75 Brian Gray, fifth
- 80 Terry Lucero, first
- 80 Mike Licata, fourth
- 86 Steve Cronmiller, third
- 100 Otha Davidson, fifth

### Scholastic Greco Roman

- 41 Jeff Bowman, sixth
- 48 Roy Frey, second
- 52 Jeff Mohr, second
- 55 Justin Raines, fourth
- 75 Brian Gray, first
- 86 Steve Cronmiller, first

### Open Freestyle

- 52 Barry Barklund, fifth
- 68 Don Gugel, fourth

### Open Greco Roman

- 52 Barry Barklund, fourth
- 57 Jon Raines, sixth
- 62 Fritz Zagorski, first
- 74 Mike Cronmiller, third
- 82 Dale Oliver, third, competing for Ad.
- 82 Tim Habecker, fourth
- 90 Chris Metcalf, third
- 100 Mike Fusilli, second
- 100 Bill Cronmiller, fifth

## Next month in New York Wrestling News:

- ☐ Complete Match-by match ESG results.
- ☐ In-depth ESG analysis, team standings, stats.
- ☐ NYS Cadet, National results
- ☐ Profiles on JJ Stanbro, Dale Oliver, and other top NYS wrestlers.
- ☐ Information on Cornell University's beefed-up new wrestling team
- ☐ Tournament results from across the state
- ☐ Exciting photos of wrestlers from all over NYS
- ☐ Introduction of NYWN's Championship Ring Series
- ☐ Training Tips from a two-time NCAA Champ
- ☐ A Preview of the Collegiate Season. And much more! Don't miss it!

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### NY-USA Wrestling Annual Board Meeting September 9-10, Endicott

The annual NY-USA Wrestling annual Executive Board Meeting will be held in Endicott this year on September 9th and 10th. It will be at the Endicott Inn.

USA Wrestling is the national governing body for amateur wrestling in this country. NY-USA Wrestling is the affiliate member for this state. This organization is credited with sponsoring numerous events during the off-season, and helping NYS achieve its high level of wrestling excellence.

If you would like information on this meeting, please contact NY-USA Chairperson, Leslie King at (518) 695-5507. His address is RD#1, Box 139, Greenwich, NY 12834.

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## USA Wrestling Camp at SUNY Brockport Draws over 170 Wrestlers

The USA Wrestling Camp, held at Brockport State last month, was a huge success, as it drew over 170 participants from all over the state and other states.

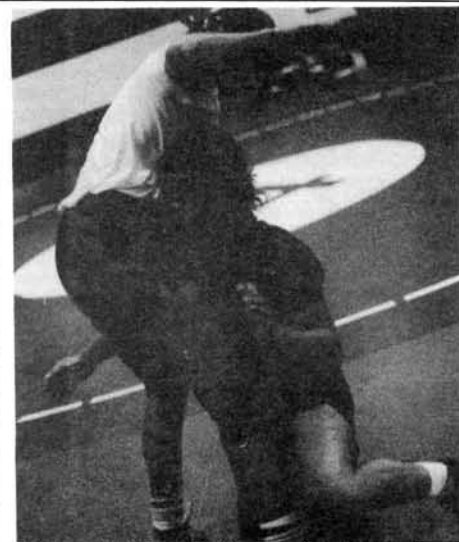
The camp featured several of the top wrestlers in the world, including John Smith, Olympic Champ, Nate Carr, bronze in Olympics, Bill and Jim Scheer, Olympians, and many others.

The camp had two sections, one a training camp, the other an intensive training camp. Each camp had a busy schedule, including technical development, demonstrations, practices, viewing films, training, etc. In addition, campers saw a variety of top-notch actual college practices. They actually got to see what Iowa, or Oklahoma does for practice in a typical day. Also included was a typical training day for a World Team.

Another unique aspect of this camp is the fact that all money earned goes back to USA Wrestling to help athletes train and become more successful. Unlike any other camps, the money earned helps pay wrestlers' and coaches' salaries, and their training expenses.

USA Wrestling Camps are highly-organized. Percentage moves are taught by some of the best wrestlers in the world. Technical proficiency is stressed. Participants learn how to set-up and execute moves. They also learn training strategies, strength-training, and other aspects of wrestling.

USA Wrestling Camps were primarily developed by Brockport coach Don Murray and Long Island coach Al Bevilacqua. These camps are run in several parts of the country. Locally, John Leone of Penfield and Brockport helped run the Brockport location camp. □



Fritz Zagorski, right, and Anthony Conte training for the Empire State Games at RIT. Zagorski picked up his second straight Greco gold medal in the games. Zagorski will be starting his sophomore year at Brockport State next month, while Conte will be again competing for Brockport High School.

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