



# Diplomat News

## The 2008-2009 Schedule Preview

Pete Schuyler, Franklin & Marshall College head wrestling coach, announced the Diplomats' 2008-09 schedule earlier this week.

Some of the schedule's most notable additions are a result from the NCAA's new postseason allocation plan. Historically, wrestlers have qualified for the national tournament by placing at their conference tournament; however, the NCAA has decided to adopt a new system in which only the conference champion is guaranteed a berth. All other qualifiers will be chosen by a selection committee that studies record, rankings and strength of schedule.

As a result of this change, the Diplomats have toughened up their schedule. On January 3, they will travel to Philadelphia to challenge reigning EIWA runner-up Penn. On February 14, Schuyler ventures back to Bethlehem, PA to face his Alma-Mater and frequent EIWA champion Lehigh University. Schuyler will also take his team to two of the

nation's toughest tournaments: the Michigan State Open, featuring many of the Big 10's elite squads; and the University of North Carolina-Greensboro's Southern Scuffle, which last year featured nine teams of the top 30 teams at the NCAA tournament.

The Diplomat's home schedule is highlighted with five duals. The first is on Tuesday December 2<sup>nd</sup> when the Diplomats take on conference foe Bucknell at 7:00 PM. The Diplomats then welcome South Dakota State and

Sacred Heart to the Mays Center on Saturday January 2<sup>nd</sup> at 12:00 PM. The next home meet is January 23 against conference opponent East Stroudsburg at 7:00 PM. The Diplomats close out the home schedule the weekend of January 30<sup>th</sup> and 31<sup>st</sup> when they take on in-state rival Duquesne at 7:00 PM for Alumni day and then battle conference opponent American University at 12:00 PM on the 31<sup>st</sup> for Parents/Senior Day.

As always, the Diplomats wrestle a tough slate of meets and tournaments

on the road. They travel to New York to wrestle Army on November 18<sup>th</sup>. On November 22<sup>nd</sup>, they compete in the Navy Classic with powerhouses Navy, Bucknell and Bloomsburg, among others.

On November 29<sup>th</sup>, the Diplomats take on Delaware State University. They visit up-and-coming EIWA opponents Princeton and Rutgers on December 6<sup>th</sup>. On January 25<sup>th</sup>, the Diplomats take on Wagner College in Staten Island. On February 12<sup>th</sup>, they visit traditional rival Gettysburg. February 14<sup>th</sup> at Lehigh, then on Friday, February 20<sup>th</sup>, they visit cross-town rival Millersville University in which they will compete for the 2<sup>nd</sup> annual Rupp Cup. The EIWA championships will be held March 7<sup>th</sup> and 8<sup>th</sup> at the University of Pennsylvania, while the NCAA championships will occur from March 19<sup>th</sup> to March 21<sup>st</sup> in St. Louis, Missouri.

**"Overall this is an aggressive schedule that will be good preparation for EIWAs'."**

*Coach Schuyler*

**"We're excited about getting things started with the MSU Open, and we're excited to compete against some new teams that we haven't faced in a few years."**

## Wrestling Newsletter

FRANKLIN & MARSHALL

## Tailgate Extravaganza!

F&M Wrestling wants you to join Homecoming weekend's **"Tailgate Extravaganza!"** on Saturday, October 11 from noon until 2:00 p.m., in the Williamson Lot. We invite all Wrestling alumni, friends and family of the F&M wrestling community to come eat, drink, and socialize. This is a great opportunity to renew relationships and build new ones. So that we can provide you and your family with a first class experience we ask that you RSVP if you plan on attending Homecoming weekend. You can Email [mcatullo@fandm.edu](mailto:mcatullo@fandm.edu) with RSVPs and Questions regarding Homecoming weekend. You can visit:

<http://www.fandm.edu/homecoming.xml>

for a complete schedule of events.





# F&M Wrestling Makes it to Afghanistan...

“This particular workout shirt has been with me every place I've gone while in the Marine Corps. It has some miles on it and has endured a lot of tough workouts.”  
Carlos Cuevas '00



Carlos Cuevas (So., 165 lbs.) team captain '00

F&M graduate and Company commander Carlos Cuevas displays his Franklin & Marshall Wrestling T-Shirt. This particular workout shirt which has been with Cuevas since his Junior year at F&M and it has been every place he's gone while in the Marine Corps. It has some miles on it and has endured a lot of tough workouts. Cuevas is company commander of the 2nd Battalion, 7th Marines, in Afghanistan. Cuevas joined the Marines after graduating from F&M.

# F&M Wrestler's Help Move-in International and First Year Students...

On August 28th-29th, Freshmen at Franklin & Marshall College were given a helping hand Friday during move-in day, by our guys, which included curb-side service.

The F&M Wrestling Team helped also helped the office of International Programs welcome and move-in over sixty international students from twenty-one countries. As students and their families pulled up to residence halls — what F&M calls "college houses" house assistants, upperclassmen and campus volunteers took it from there unloading cars and bringing luggage up to freshmen quarters.

There are 590 students in the freshman class, according to Steven O'Day, the senior associate dean of the college. O'Day said many members of the freshman class are from Pennsylvania, New York and New Jersey.

Freshmen are required to live in one of four college houses on campus, O'Day said. He said new students will go through a five-day orientation before beginning classes Wednesday.



# Justin Herbert Goes West...

In order to graduate from Franklin & Marshall College with a degree in geoscience, a summer field course must be completed sometime after the sophomore year and before graduation. A number of students do these programs each year offered through a college or university other than F&M both around the US and internationally. My experience took place in the American West, specifically South Dakota and Wyoming. The course was offered through a small liberal arts college in southwest Michigan called Albion College. The course stretched over 6 weeks and included a number of different locations in the before mentioned states. The main purpose of the course was to learn techniques in field geology. Each day we would use maps, compasses, GPS, and various other techniques to locate and map geologic sequences that we found on the surface. We could use our knowledge of geology and some more complicated skills to extrapolate what was going on underground.

Some highlights from the trip involved visits to some of the best national parks and national monuments our country has to offer. A combined week was spent camping in the Grand Teton National Park and Yellowstone National Parks, which was probably my favorite experience of the trip. We also made stops at the Badlands National Park, Bighorn National Park, Mount Rushmore, and Devil's Tower (in photograph). My days off were quite interesting. We had two days off during the class both of which were

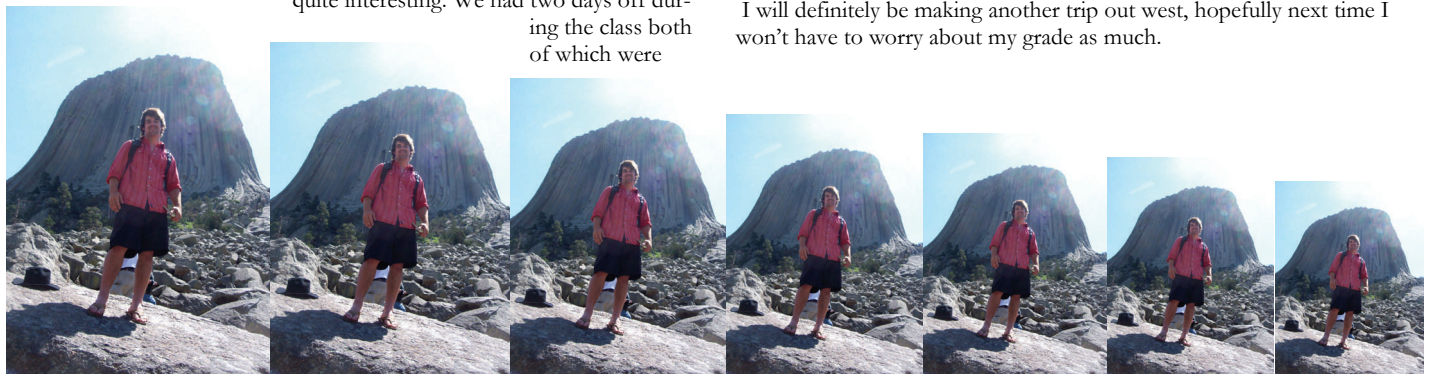
quite memorable. The first was in Cody, Wyoming on July 4<sup>th</sup>.

It was only proper to go to a rodeo while there, with it being the rodeo capital of the world. All of the students dressed accordingly and I was able to blend in quite well with my cowboy outfit and handlebar mustache (I was mistaken for a local more than once). Earlier that day we went white water rafting down the Shoshone River which was also a first time experience for me.

Training opportunities were few and far between on the trip. Every night after we got home from the field I would go for a run. One of the students on the trip had ran a marathon and was training for another one so his company was appreciated on the long runs. Running in the higher elevation was a new experience for me, which resulted in a tiredness I had never had before. I was lucky enough on my 22<sup>nd</sup> birthday to make it to a gym and get a workout in. The rest of the group had gone into town to use a local swimming pool and I decided to skip that and get a lift in.

I will definitely be making another trip out west, hopefully next time I won't have to worry about my grade as much.

The trip was one I will never forget. The field experience in geologic mapping was a good skill to learn and the life lessons I was taught will stay with me forever.





## Family Weekend 2008: Rain or More Rain



Dear Members of the Franklin & Marshall Wrestling Community, thank you for making FAMILY WEEKEND 2008 a huge success!

Many thanks to all who came out and braved the elements Saturday, September 27th during the football game vs. Juniata. Even the torrential rain did not dampen the positive spirit around campus.

As we begin planning Family Weekend 2009 which will take place next October 2-4, your feedback and ideas are most welcome.



## The Friends Of F&M Wrestling: An inside look

We are very pleased to announce the creation of the **Friends of F&M Wrestling**.

**What is Friends of F&M Wrestling?** Simply put, Friends of F&M Wrestling is the community of alumni and fans of Franklin & Marshall wrestling. You are all members.

**What is its goal?** The goal of Friends of F&M Wrestling is to create a community of F&M Wrestling fans that are informed, interested and willing to participate in the development of the F&M wrestling program and the development of F&M wrestlers while in College and post graduation.

**How will this be done?** The first step in achieving our goal is to establish better communication among the College, the wrestling program and its fan base. The wrestling program has a very exciting schedule this year and we want you to be part of it. The Michigan State open, the Navy classic, the Southern Scuffle in Greensboro North Carolina; not to mention matches against powerhouses such as Bucknell, Penn and Lehigh make this for an exciting year. We hope to improve communication in many of the following ways: (1) regular electronic newsletters sent

to all members of the Friends of F&M Wrestling, (2) a special website dedicated to Friends of F&M Wrestling and (3) alumni gatherings, where coach Schuyler will have an opportunity to talk about the current program and his vision for the future. The website referred to above will contain in-depth information on current F&M wrestlers, regular updates by Coaches Schuyler and Catullo, a full list of upcoming events including F&M wrestling matches, alumni gatherings with Coach Schuyler, golf outings, banquets, forums to allow members to talk to one another about F&M wrestling, a place to post potential job openings for current wrestlers, recent grads and not so recent grads.... and more. The website will also contain, for subscribing members who wish to participate, contact information for other members, as well as video from recent matches. It will hopefully be a one-stop shop for the community that will make up the vibrant and growing Friends of F&M Wrestling.

We recognize this is long overdue, however, there is clearly an

updated view as to the role of Franklin & Marshall wrestling in the College community. Without the support of President Fry, Dean Trachte and Athletic Director Epps, none of this would be possible. They have given great encouragement to the parents and alumni as well as the F&M wrestling family at large. Their support, along with the strong leadership of Coach Schuyler and the renewed vigor of the parent and alumni community, can help put F&M wrestling back on the map. We hope you share our vision, will frequently visit our website when it is completed this fall, come to see the Dips wrestle and will become an active Friend of F&M Wrestling.



Friends of  
**FRANKLIN & MARSHALL**  
Wrestling

If you have any questions or would like to help, please do not hesitate to contact Rick Gittleman at 202 431 2311 or at [rgittleman@akingump.com](mailto:rgittleman@akingump.com) or Patric Wallace at 973 543 8559 Ext. 1 or at [patric@thewallacelgroupinc.com](mailto:patric@thewallacelgroupinc.com).

- Rick Gittleman P'10
- Patric Wallace '83
- Cleon Kassel '62
- Rich Bucha P'10
- Anthony Bongarzone P'11
- Paul Liu '96

# DIPLOMATS CLEAN UP **CONESTOGA** RIVER



It rained on Sept. 6, but that didn't deter Franklin & Marshall Wrestlers from cleaning up the Conestoga River in Lancaster during the United Way Day of Caring. Photos: (left to right) F&M wrestlers' pull a bicycle from the rocks of the Conestoga.

Matt Murry '12, Dan Canfield '11, Al Gianforti '09, waded through the murky Conestoga looking for debris. After finding an abandoned trunk on the riverbed, (from left to right) Andrew Kornes '10, Nicolas Somers '09, Justin Herbert '09 and Stacey So-

senko '09 used it to punt downstream and collect trash. We had a great turn out and our team was able to accomplish a great deal before the rain became too hard to continue.

## F&M Wrestling 2008-2009 Schedule F&M

### NOVEMBER

Sun	9	Michigan State Open	All Day	East Lansing, MI
Tues	18	Army*	7:30 PM	West Point, NY
Sat	22	Navy Classic	All Day	Annapolis, MD
Sat	29	Delaware State	4:00 PM	Dover, DE

### DECEMBER

Tues	2	<b>Bucknell*</b>	7:00 PM	Home (Mayser) <b>PROMO DAY</b>
Sat	6	Princeton*/Rutgers*	11:00 AM	New Brunswick, NJ
Mon/Tue	29-30	Southern Scuffle	All Day	Greensboro, NC

### JANUARY

Sat	3	Penn*	12:00 PM	Philadelphia, PA
Sat	10	<b>South Dakota State/Sacred Heart</b>	12:00 PM	Home (Mayser) <b>H.S. DAY</b> (must submit roster.) (All H.S. students are admitted free)
Fri	23	<b>ESU*</b>	7:00 PM	Home (Mayser) <b>PROMO DAY</b>
Sun	25	Wagner College	12:00 PM	Staten Island, NY
Fri	30	<b>Duquesne</b>	7:00 PM	Home (Mayser) <b>ALUMNI WEEKEND</b>
Sat	31	<b>American*</b>	12:00 PM	Home (Mayser) <b>SENIOR NIGHT</b>

### FEBRUARY

Thur	12	Gettysburg	7:30 PM	Gettysburg, PA
Sat	14	Lehigh*	3:00 PM	Bethlehem, PA
Fri	20	Millersville	7:30 PM	Millersville, PA <b>RUPP CUP</b>

### MARCH

Sat-Sun 7-8 EIWA Championships at PENN  
19-21 NCAA Championships St. Louis, MO