

Matmen Have Busy Season

Each weekday from six o'clock to eight o'clock, the LSHS wrestling team practices in the gymnasium. Clothed in black tights, red and yellow jerseys, elbow pads and oversized sneakers, the team is ready to begin another workout under the direction of its coaches.

Mr. Robert Ames and Mr. Roger Reese. Every practice session begins with running about one mile and is followed by extensive calisthenics. The matmen exercise mainly to develop their stomach, arm and shoulder muscles. Later, the wrestlers move to the weight room.

Again the emphasis is placed on development of the trunk. Mat work follows the weight training. The mats are unrolled, and Mr. Ames instructs the men on new moves and holds. When practice is completed, those who wish to remain for additional work may do so.

The wrestling season began slowly, but a win over LaSalle High School brought some spirit to the club. The win broke the Lions' sixteen - meet losing streak.

A second win over Trott Vocational High School was a load - lighter for the coaches. Two meets were lost; by as little as seven points. Mr. Reese said, "Our record would have been better had some of last year's juniors and sophomores returned to mat action.

Their apathy is disgraceful." The wrestlers who ventured to participate came in quality and not quantity. The matmen's record is three wins against six losses. The JV's are yet to win a meet.

Individually, junior Ronald Mott, who wrestles in the 182-pound class, is doing the best of the Lion wrestlers. He has six wins, five pins and one decision, and one loss.

Mr. Reese feels that senior Jim Rose should be doing better than what he is now accomplishing. Jim, due to his increase in weight, must wrestle in a weight class above the one he should be wrestling in.

Another senior, Dick Brookover, came out for the team but an injury to his arm has sidelined him for the season. "The Colley brothers," said Mr. Reese, "are the go - getters of the team. They always seem to be giving something extra." The younger of the Colleys, Rick, is a freshman, wrestling on the varsity squad.

The matmen have twelve league meets during the season. At each meet there are twelve weight classes. A man from each school wrestles for three two - minute periods. A man, if he wins by a pin, has five points for his team.

If the wrestler wins by a decision, the team receives three points. Where a tie occurs, two points are given to each team. The high scoring team wins. After league competition is completed, the wrestlers will participate in the playoffs. The top five teams in the Niagara Frontier League will compete against each other; the bottom four will also do the same.

On February 18 and 19 our matmen will wrestle in the Section VI AAA Wrestling Championships. For the first time in the history of six years of Lockport wrestling, the sectionals will be held in the LSHS gym.

Mr. Reese said, "I hope the students at the high school will come to the sectionals and show their school spirit by supporting the team."



TENSION MOUNTS among spectators as Lion Matman Jim Rose grapples his Niagara Falls' opponent. (Towpath Photo)