

SPORTS Kids

Did you know?

The answers to these questions are listed below Search & Find.

- 1 If an Olympic wrestler builds a lead of this many points, he'll be declared the winner. How many points is it?
- 2 How many rounds take place in a high school wrestling match?
- 3 How many minutes do high-school rounds last?
- 4 What four schools won Section V team titles in wrestling last weekend?

Search & find

In the main story (right), certain terms and names are in **bold**. They are hidden in all directions, including upside-down and diagonal. See how many you can find!

A S H K R A R P
L A S R E V E R
O M T R D W L K
M B I C I L T E
U O R J H D S T
S E P A C S E D
P O I N T S R S
T A K E D O W N

1: 10 points 2: 3 rounds 3: 2 minutes 4: Spencerport (Class A), Homell (B), LeRoy (C) and Fred Jackett (D)

Real wrestling

By MICHAEL SCHOPP
STAFF WRITER

No Hulk Hogan, steel cages or obnoxious ring announcers.

For all its flash and fiction, professional wrestling isn't really wrestling at all.

The true sport of wrestling developed about 4,500 years ago, and believe it or not, it hasn't changed much.

Wrestling is believed to have begun in 2,600 B.C. in ancient Egypt. Ancient Greeks adopted the Egyptian style, near what is now known as "freestyle" wrestling. Then ancient Romans took the Greeks' style and created a different form of wrestling, known today as "Greco-Roman" wrestling.

In freestyle, a **wrestler** is allowed to use his legs to grasp his opponent's arms or legs. In Greco-Roman that is not permitted, nor is holding an opponent below the waist.

In either form, the object of wrestling is to outscore your opponent, or pin him by touching his shoulder blades to the mat.

Wrestlers receive **points** for such moves as a **takedown**, near fall, **reversal**, **rides** and **escapes**. Basically, the wrestler with the most points wins.

Locally, wrestling has hit its peak time of the year. Section V high school championships were last weekend, and SuperSectionals is Saturday at Fairport High.

SuperSectionals pits the top four Section V wrestlers in each weight class.

Although freestyle and Greco-Roman are the two most popular styles of wrestling in the United States, other countries have their own forms that are most popular.

In Japan, the predominant style is **sumo** wrestling. Sumo wrestling is often more fun to watch because it pits huge opponents — some more than 500 pounds in size. The object of sumo wrestling is simple — knock the opponent down, or out of the ring.

Sambo wrestling is another form, originating in the former Soviet Union about 60 years ago. Sambo wrestling is a combination



REED HOFFMANN staff photographer

Former champ Sirell Gissendanner, a state wrestling champion with Spencerport in 1993, puts a move on ex-teammate Mike Romeo during a 1992 practice. Gissendanner is now wrestling collegiately at Iowa State University.

of many forms of wrestling, where competitors score points by throwing their opponents. □

The Everything You Want to Know About Sports Encyclopedia contributed to this report.

How to get started

The Pittsford Wrestling Club meets Mondays and Thursdays from 6-8 p.m. at Pittsford Mendon High School. For information, call Fred Kemp at 248-1265.

Q&A

This week's experts are from the **Pittsford Wrestling Club**

Q: What is it about wrestling that you like most?



Tim Sampson, 12, East Rochester

A: I love wrestling because it pushes you more than you

thought you could go. Wrestling requires hard work, skill and strength. There is no better sport.



TR Chinn, 11, Canandaigua

A: It is a physical and mental sport. It gives me good balance and strength. If you

are willing to put the time into it, you will do fine.



Troy Forte, 13, Pittsford

A: It builds up your self-esteem. Even though you have to work so hard to be good, the

sport is a lot of fun. Wrestling keeps you in shape and gives you a positive attitude.