

# A heavy metal, ★ heavy duty style suits wrestler

Olympia's Carlo-Clauss ready for Super Sectionals

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STAFF WRITER

Some wrestlers warm up two or three matches before their own. Don Carlo-Clauss' preparation is a little more meticulous.

"A lot of kids just kind of bounce around before their match and think they're ready," says Tony Russo, his coach at Greece Olympia. "Don's prematch starts on the bus ride. He puts his Walkman on and kind of gets in his own world."

The music gains momentum as the match draws closer. The laid-back twanging of Dave Matthews' Band is replaced by the pounding, speed metal of Metallica.

"I just kind of visualize what I want to do," Carlo-Clauss says. "I just think about winning."

Winning is something he has done a lot of this season. Carlo-Clauss, a 140-pounder, has a 33-1 record heading into the SuperSectionals, which begin today at Webster Schroeder High School. The 16 survivors from the Section V class meets at each weight square off. Saturday's 15 winners advance to next week's state meet in Syracuse.

Carlo-Clauss, a junior with 99 career victories, was one match from reaching states last year but lost to Spencerport's Adam Ventress in the SuperSectional final. It capped a runner-up postseason for Carlo-Clauss, who was also second in the Class A tournament and the Monroe County Championships.

But this season he won four of five regular-season tournaments and captured the county championship and last week's Class A title by edging Spencerport's Jason Brongo each time. Carlo-Clauss won the first meeting 4-2 and 5-2 last week.

"There's a little more pressure on

## Don Carlo-Clauss bio

■ **School:** Greece Olympia.

■ **Class/age:** junior/16.



■ **Ht./wt.:** 5-7/140.

■ **Grade-point average:** 2.6.

■ **Career record:** 99-18.

■ **This season:** Has a 33-1 record heading into this

weekend's SuperSectionals. . . Won the Monroe County and Section V Class A championship after second-place finishes last year . . . Runner-up in last season's SuperSectionals.

me this year," he says. "But I put more on myself than I get from anyone else. I don't like losing."

Carlo-Clauss' opening match is against Red Creek's Ben Pople, the fourth-place Class D finisher. He wouldn't have to face Brongo until the finals.

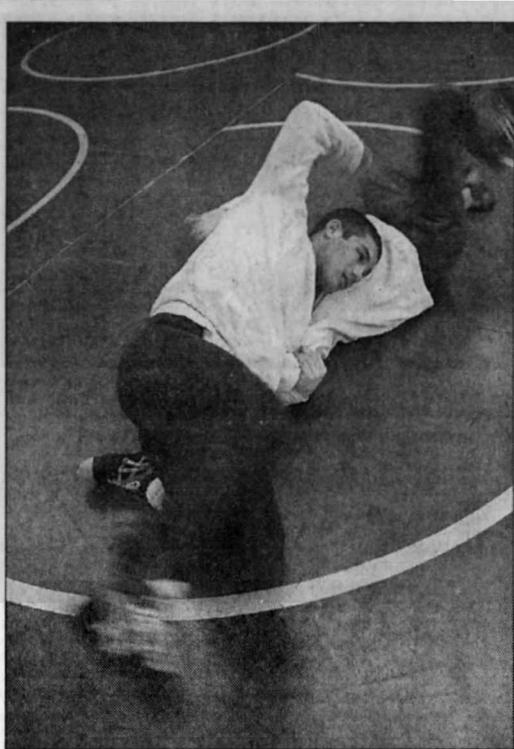
"Last year it was just my goal to get to states," says Carlo-Clauss, who was 37-6 last season. "This year I want to get there and do well. I don't think I'd be happy if I went to states and didn't win a match."

Setting ambitious goals is a sign of his maturity, Russo says.

"He's always been a hard worker but I think there comes a time when hard work and working intensely are two different things," the fourth-year coach says.

Russo knows about paying a price. He needed to in 1988, his senior season at Spencerport, just to crack the Rangers' powerful lineup. Carlo-Clauss has become a self-motivated wrestler, Russo says.

"He's been around some pretty



JULIE HENDERSON staff photographer

**Pinning 'em down** Greece Olympia wrestler Carlo-Clauss, a 140-pounder, has built a 33-1 record heading into the SuperSectionals.

good ones here," he says, naming Olympia's last state tournament wrestler Charlie Friscano (1994), Carlo-Clauss' older brother Paul and Doug Werner, Don's drill partner last season. "I think he saw guys who were probably harder workers fall short."

That's why Carlo-Clauss and Olympia's two other SuperSectional qualifiers, sophomore Pat Beach (96 pounds) and senior Shaun Goodrich (103), suggested to Russo that they work out three times a day this week.

"When I was younger coach always told us you have to do extra to outwork everyone else," says Carlo-Clauss, who has wrestled varsity since his freshman year.

This season he holds a 126-4 advantage over opponents in take-downs. His only loss was in last month's finals of the Palmyra-Macedon Tournament to Warsaw's Nate Schneckenburg, who is not at 140 pounds this weekend. Schneckenburg, the Class C champ, is at 152.

"This year he was the hunted," Russo says of Carlo-Clauss, a bronze medalist in last summer's Empire State Games.

He would be the sixth wrestler in school history to reach states.

One thing is certain if Carlo-Clauss makes it: He'll need a few more tapes to listen to but "If I listen to too much Metallica I get a headache," he says. □