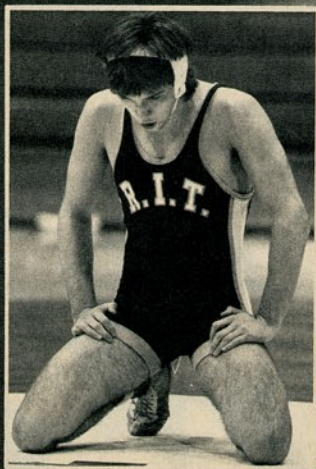


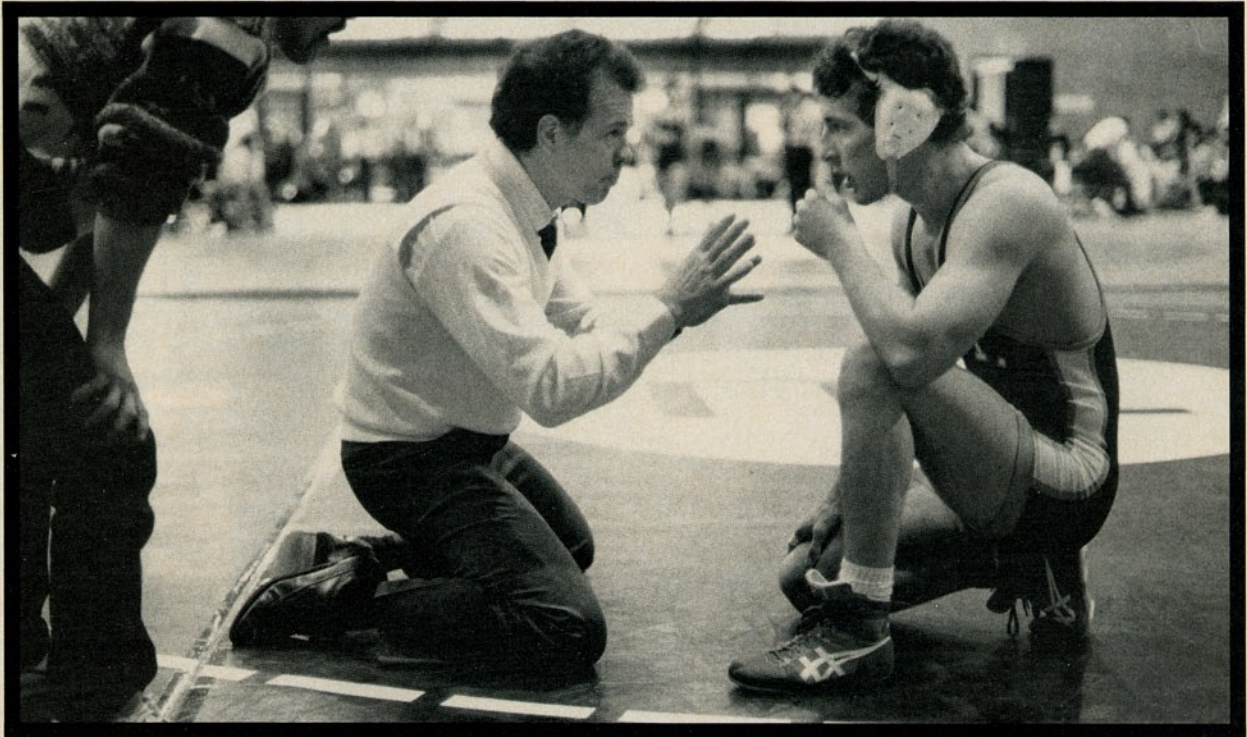
REPORTER

January 22, 1988



RIT Wrestling
The Struggle and
the Reward . . .

WRESTLING



NOT FOR EVERYBODY

NO SUBSTITUTES

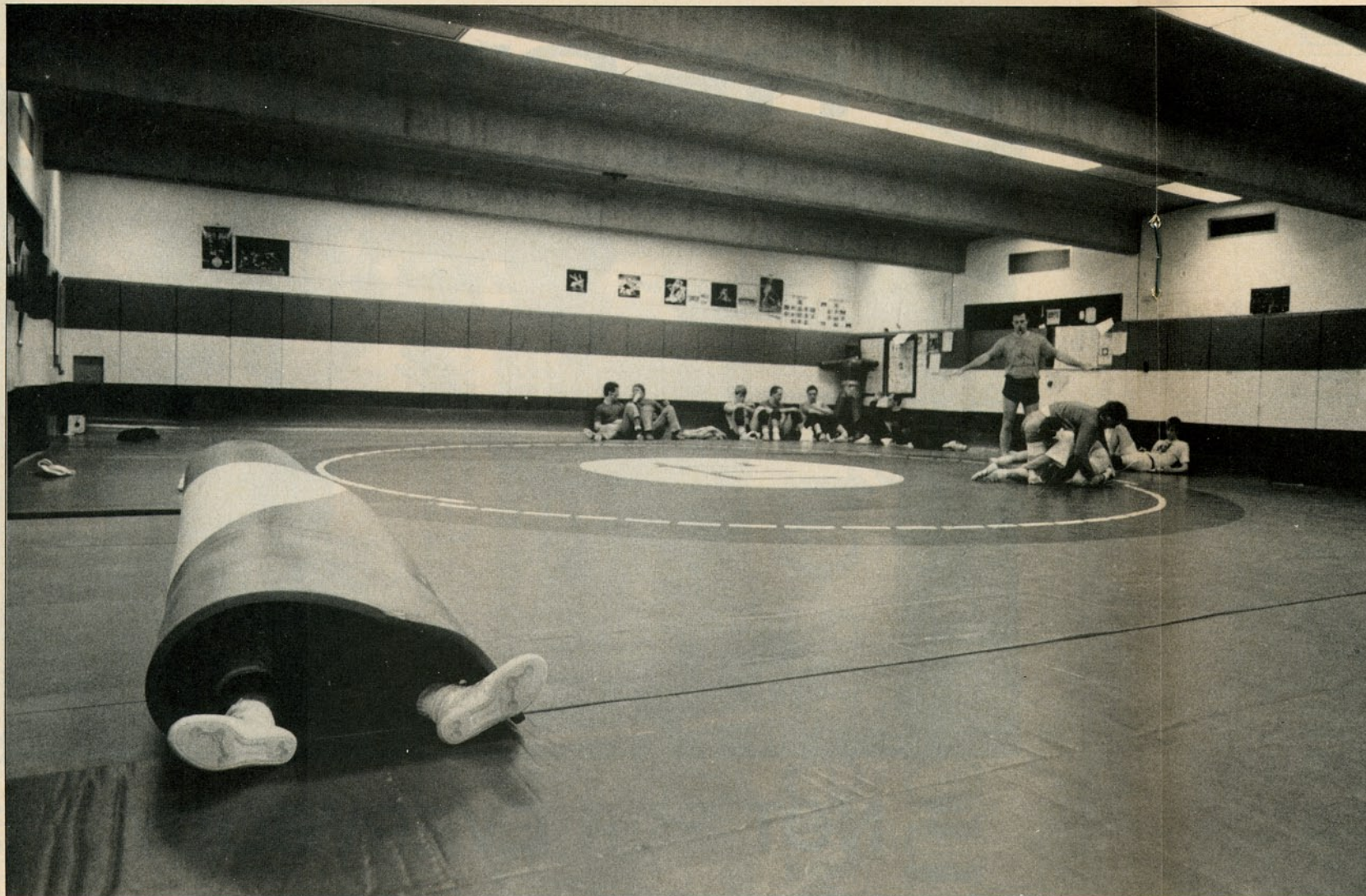
NO TIME OUT

NO REST

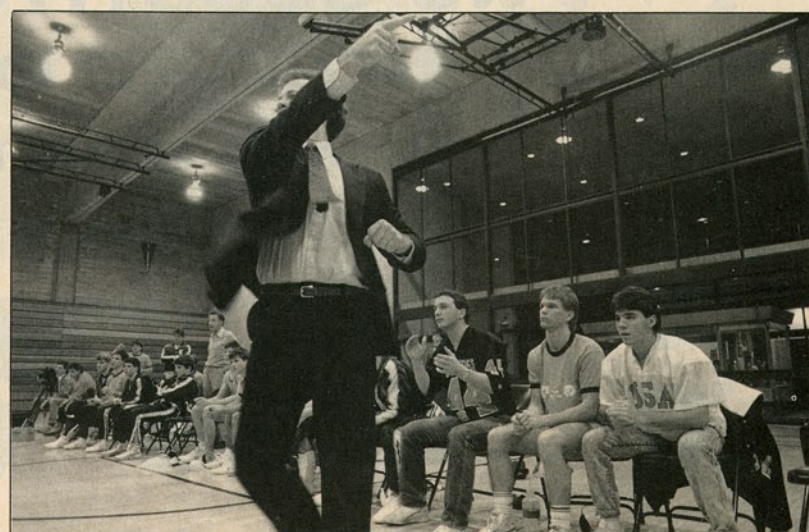
NO HELP

**No place to
hide**





(above) Dave Dittelman rolls himself up in the mat in an attempt to shed three pounds, while in the back Kevin Sampson and Steve Mckelvain wrestle off for their weight class.



(right) Assistant coach Cromiller shouts directions from the edge of the mat.

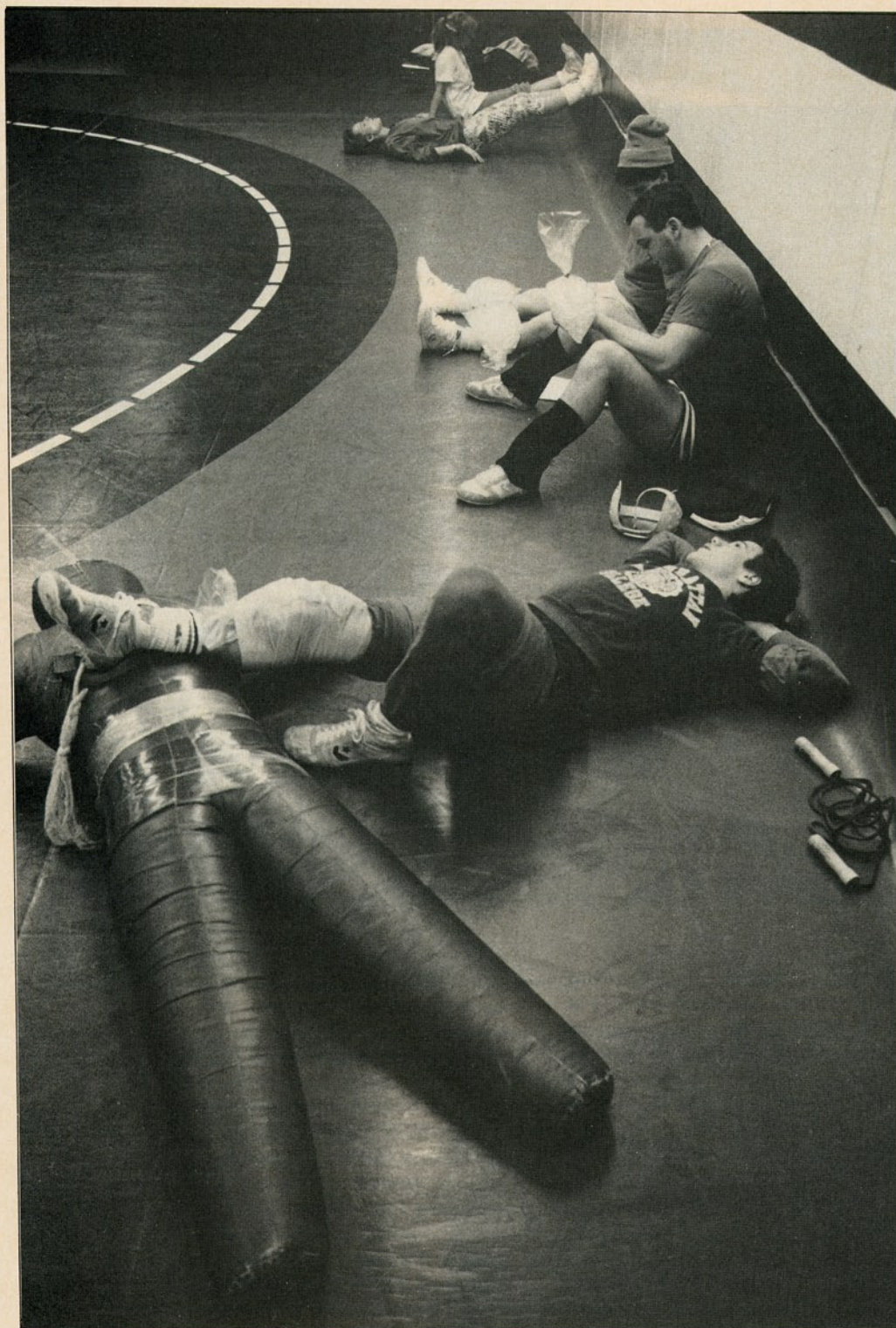


What drives someone to be a college wrestler? DETERMINATION. It is a special process a wrestler must go through to survive on the mat. He must find the inner strength to run that extra mile, jump rope 300 more times, and to stay away from those twinkies and draft beer for the season. A wrestler has the benefit of individual achievement not found in all sports. Winning or in wrestling terms "pinning" is an ultimate individual high for the athlete. Wrestlers use bare strength, agility, and that determination to find an extra 1% to arch off their backs, throw a reversal and press their opponents for the win.

One of the major parts of wrestling is "sucking weight," where a wrestler must lose weight to be eligible for a certain weight class.

Some of the methods of losing weight usually applied are, the wearing of a rubber suit when working out which rises the body temperature that sweats the weight right off them. Another method used to keep body weight down is to sleep in layers of clothing, again sweating off the weight. Once weigh in is achieved, the wrestler feels a degree of success comparable to winning a match. Losing weight becomes a constant battle the wrestler who fights everyday up to weigh in. A tradition for most wrestlers after weighing in is hitting the nearest food source and proceed in what can only be described as pigging out.

The members of the R.I.T. wrestling team are dedicated to the sport and determined to win. In a sport where you must live it to be



successful, they have succeeded. At this time congratulations are in order for Curt Jenkins who placed sixth in the State Championship this past weekend. Good luck to coach Fuller, assistant coach Cronmiller, all the members of the team in the remaining matches of the season.

WRITTEN AND PHOTOGRAPHED
BY PAUL BUCKOWSKI