

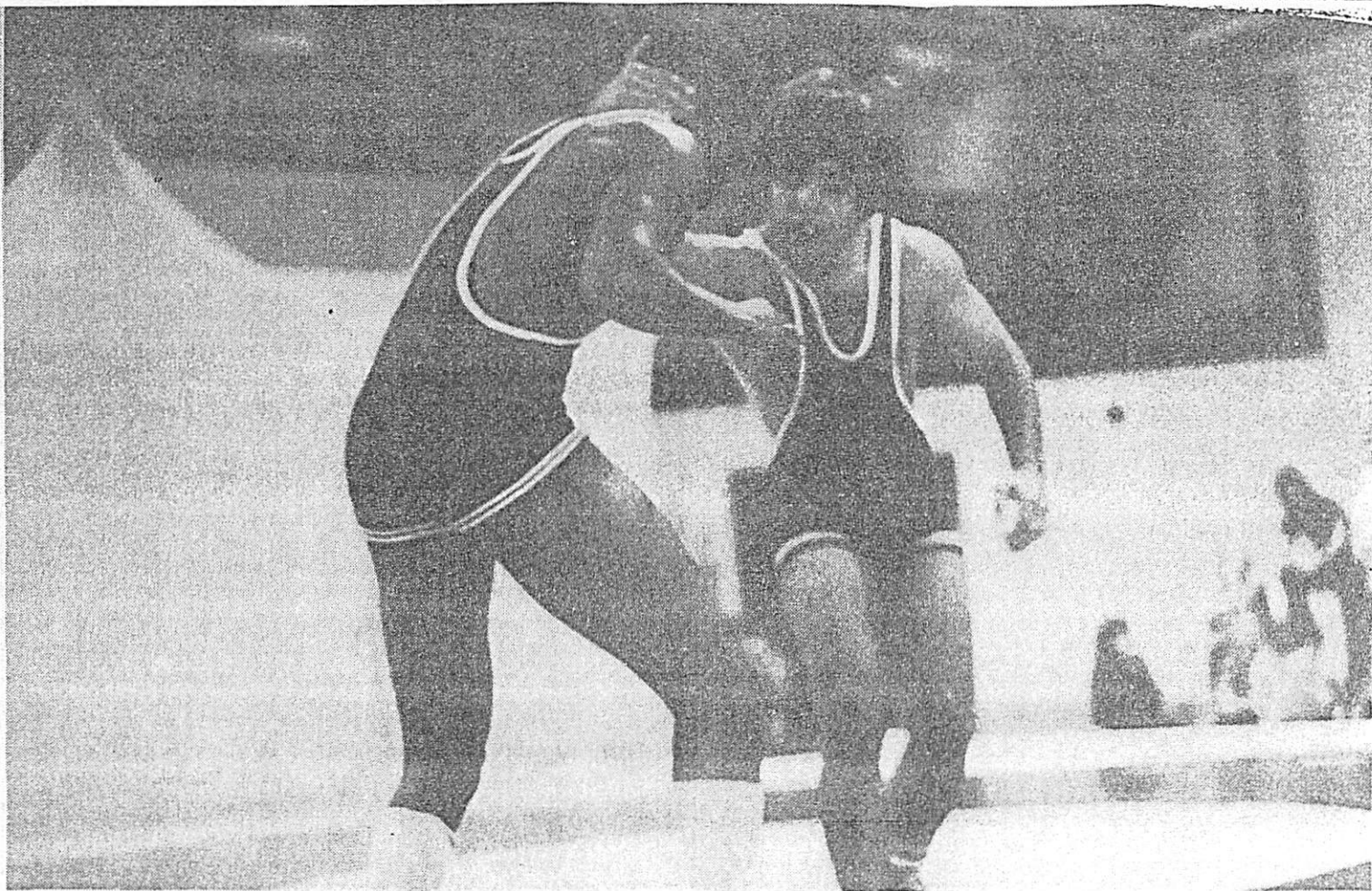
PIONEER OPENS WITH BANG

WESTERN

NEW YORK

Wrestling News

Dec. 7, 1982
Vol. I No. 1



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A report on Medina's Dave Maiorana, who now wrestles at Ashland College.



AREA COLLEGES
FIND SUCCESS
AGAINST OUT-OF-
STATE OPPONENTS
...see stories
on pages 3 & 7

...previews on
page 4



MAT MATTERS by Chuck Massaro

Welcome to the first issue of the Western New York Wrestling News. The people involved with the production of this newspaper have all spent the majority of their lives in the sport and are dedicated to the overall improvement of wrestling in Section VI.

We, like so many others involved with the sport, feel it is a very unique and special one. We also believe that wrestlers in this area do not receive the recognition and publicity that they deserve. We want to reward our wrestlers and coaches for their long hours of hard work and sweat.

We plan to cover the sport in great detail, expounding on aspects of wrestling that even the coaches and wrestlers may not know about. In this weekly paper, you can expect to find results, standings, photos and stories about action from the previous week. You will also find technique instruction, psychological and medical advice, reports on college and kids programs, many and varied features, and news from the USWF and the AAU.

Wrestlers and coaches should know that their competition will be reading this paper, as well as college coaches from as many as 20 schools in NY, PA, and the rest of the nation.

I could probably take up this entire issue telling of our plans and aspirations, but instead I'll talk about the "we" I have been referring to.

I began my wrestling career in 9th grade at Williamsville South and continued to wrestle at Edinboro State College, where I was trained to become a journalist. Although I love the sport, I wouldn't exactly call myself the world's greatest wrestler (not even my household's greatest), but I have left my mark in this area. As a matter of fact, my shoulder prints can still be found on many WNY mats.

Joe Rotundo wrestled at UB and has coached ever since. His sons, Mike and Tony will wrestle for Clarence this season.

My father, Dr. A. Charles Massaro and Richard Kosiorek will write regular columns on medical and psychological problems that we face as wrestlers. Dad is a practicing physician with expertise in sports medicine, medical education and weight control. He also has 2 sons who have 18 years of wrestling experience between them.

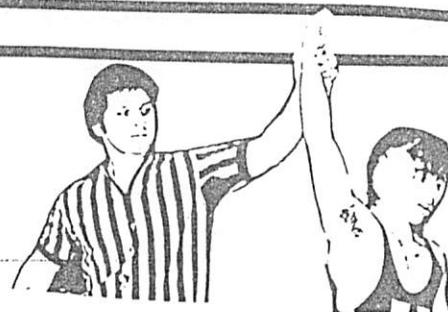
Kosiorek is a former wrestler and coach who has recently completed Master's work in Psychology, and his specialty is Sports Psychology.

Bill Szabo will handle distribution. He is the Regional representative of the USWF and his 2 sons were stars at Clarence in the late 70's.

Larry Cohen represented Section VI twice at the State meet when he was at Williamsville South. He is now an assistant coach at Will. North. Among his long list of accomplishments in wrestling are an Atlantic Coast Conference championship, which he won as a freshman at Clemson U., and a gold medal that he won for the USA in last summer's Maccabiah games in Israel.

We have a great deal of wrestling knowledge to give to you that we think will improve your wrestling ability, and we are very enthusiastic about this opportunity.

The first issue of WNYWN is dedicated to the memory of Tom Murty, who was an excellent wrestler at Williamsville North and NCCC. Our deepest condolences go out to his family and friends.



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King of Hill: Pioneer

Thirteen ballots were counted in the WNYWN's pre-season coaches poll and Pioneer received every first place vote. Falconer, 2nd in the poll, tied the Panthers on one ballot.

Last year, Pioneer finished 13-0. This season's Panther roster lists 9 seniors and 1 junior.

WNYWN RANKINGS

Based on a poll of Section VI coaches.

1. Pioneer
2. Falconer
3. Iroquois
4. Maple Grove
- Niagara Wheatfield > tie
6. Sweet Home
7. Clarence
8. Lancaster
9. Olean
10. Jamestown

MEDINA'S MAIORANA FINDS SUCCESS AFTER HIGH SCHOOL

by Chuck Massaro

It isn't very often that someone can step right out of high school wrestling and be successful in a nationally ranked NCAA program. Even if he concluded his senior year by placing second in Section VI, losing just twice in 31 matches.

But as Medina's Dave Maiorana proved last year, it does happen every now and then.

Maiorana has just begun his second season at Ashland College in Ohio. Last year, Ashland finished the season ranked number 4 in the NCAA's Division

II. Maiorana wrestled in 6 duals and a few tournaments to compile a 12-6 varsity record, including a second place finish in the Early Bird Tournament in Ashland and a third at the Edinboro Invitational.

The transition from Niagara-Orleans to Division II wrestling is not an easy one. "I found out right away that there are no easy matches at the college level," says Maiorana. "It seems that they're all a lot bigger, a lot quicker and a lot stronger in college."

To be competitive with the kind of schedule Ashland faces, a wrestler must not only be at the top of his form physically, he must also be mentally alert during every second of every match.

"You have to be on your toes all the time out there. In high school, if you locked someone up in a nice, tight pinning combination, you could afford to relax with it because your opponent wasn't going anywhere. You can't even do that in college. These guys have moves from every position."

Ashland's team is predominately drawn from Ohio, but right now there are Western New Yorkers on Coach Mark Osgood's team. Two of Maiorana's high school teammates, Mike Morley and John Kaderli, as well as Orchard Park's Dave Coefield join Dave each day in practice. Kevin McNulty, formerly of Williamsville East, also wrestled for Osgood for 2 seasons.

Osgood works his team very hard. Ashland wrestles more matches than just about any school in the East, and they return from Christmas break each year before the wrapping paper has been thrown away.

Ashland wrestled in Las Vegas this past weekend in the Ceasar's Palace Tournament, which attracts teams like Iowa, Iowa State, Oklahoma State, Oklahoma, Cal-St Bakersfield and many more of this world's greatest college teams.

After just one year with this type of program, Maiorana feels his wrestling has improved greatly. "It is hard for me to describe how much I've learned here," says Maiorana who also plays football for Ashland. "But I have learned an awful lot about the sport here."

COMING ATTRACTIONS

Two stern tests for top-ranked Pioneer and a battle of Southern Tier powers highlight the Section I first week of scheduled matches.

The Panthers will travel to Orchard Park on Dec. 8 and to Hamburg on Dec. 15, for a pair of important ECIC South duals.

Falconer will host its rival from down the street, Jamestown, on Dec. 15. While Pine Valley travels to Cattaraugus on the same night for another battle of neighbors.

The ECIC North features 2 collisions of powers on Dec. 17, when Clarence hosts Sweet Home and Williamsville North welcomes Lancaster.

UB at Home in Alumni Arena

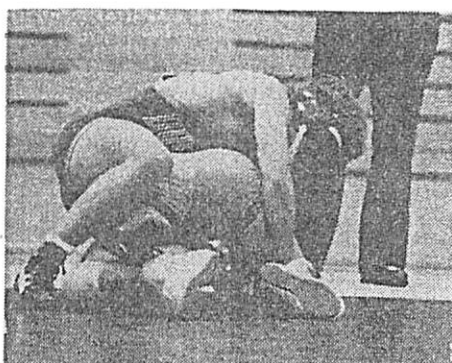
University of Buffalo Coach Ed Michael better not teach his men any manners. Not if he wants his wrestlers to maintain the attitude that has them off to one of their most impressive starts in recent memory.

U.B. is presently 4-5, with all of its wins coming at the University's brand new sports complex, Alumni Arena. The Bulls have certainly not been very good hosts so far.

U.B. romped over the Rochester Institute of Technology, 34-8 in the Arena's first athletic contest on Nov. 13, and last weekend out-pointed 3 out-of-state teams by a combined total of 150-14. A pair of Canadian teams, Brock and McMaster, went down by scores of 54-6 and 52-2, respectively, while Edinboro St. (Pa.) lost 44-6, averting a shutout in the heavy-weight match.

All 3 victories occurred on the same day.

The Bulls only loss came at the hands of National Division III power Brockport, who won their confrontation in Brockport by 12 points, which is the closest the Bulls have been to the Eagles in many seasons.



Freshman Marty Pidel (on top) slips in a leg to control RIT frosh Dave Hannah (Iroquois). Pidel won the match 10-2 for UB.

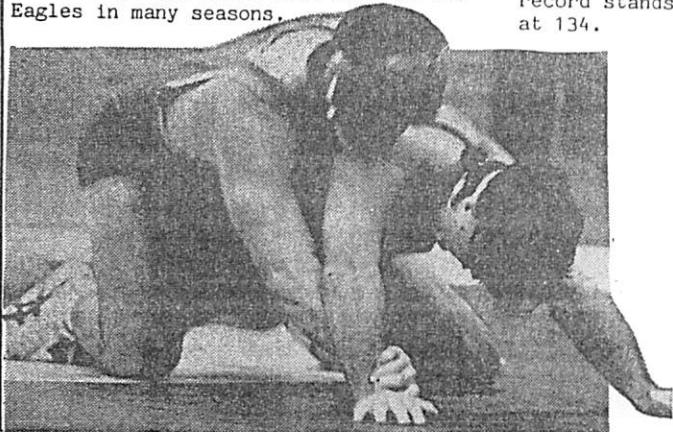
The team's most impressive wrestler thus far has been freshman Marty Pidel (New Paltz). He is one of 4 unbeaten Bulls and at Brockport he decided Defending National Champion Jeff Cox, at 167.

Tom Jobin and Guy Lucas, 2 of the teams tri-captains have 5 wins a piece, while sophomore Andy Komarek's record stands at 4-0-1 in competition at 134.

Five wrestlers from the Niagara Frontier have also added a great deal of team points in: tri-captain Art Pittman (Nia.-Wheatfield), Pete Rao (Sweet Home), Mike Massaro (Will. South), Mark Ragin (Amherst) and Tony Merk (Lake Shore).

Buffalo will visit Oswego State for the last match of the semester on Dec. 11.

Last year, U.B. went 9-4 and placed third in the SUNY athletic Conference.



UB senior tri-captain Guy Lucas, rides his way to an 11-3 win over RIT co-captain Doug Pryce (Lewiston-Porter).

4 JCC

by Chuck Massaro

The depth and the wrestling ability are there, but if Jamestown Community College hopes to regain the National Junior College Athletic Association (NJCAA) Region III title that they held in 1974-75, they will still have to answer some important questions and then defeat Delhi.

Delhi is a powerhouse in the Region, having won the team title the last 2 years ahead of Jamestown; and they are now working on a 77-match win streak.

Coach Bruce Turner, in his 13th year at that position, says his team has the potential to give Delhi a real run for their money if his freshmen live up to his expectations and if the answer to following 3 questions is yes.

Will Pat Zito fully recover from a broken foot injury?

Can sophomore Mike Block fully recover from a hernia operation?

Will defending Regional Champion Matt Lewis-Jones be eligible to do it again?

Turner is fairly confident that yes will be the answer to all of those questions.

Lewis-Jones will be the man to beat in the country as well as the region at 142. Turner thinks that the Iroquois grad is entertaining the idea of dropping to 134 for the season. If he can retain his strength at that weight, "Louie" would be awesome.

Even if Lewis-Jones is out of the lineup at 142, Turner has a very capable back-up in freshman Steve Azzano, who represented Section V in the states last year as a senior from Wayne Central. "Azzano is very knowledgeable on his feet and has the potential to be outstanding in our Region," believes Turner.

Zito steps right out of the Lancaster wrestling program into the

starting job at 167. "He is strong and smart in all phases of the game," thinks Turner, "and the weight class he is in is a wide open one throughout the Region, everyone he wrestles will be a freshman."

The coach can't see many freshmen coming into the Region who are as good as Zito. He will be backed up at 167 by sophomore Charlie Rice.

With Zito in the lineup, Jamestown will have a powerful one-two punch in the middle of its lineup.

JCC will have a pair of 158 pounders that should win the majority of the matches they wrestle, in sophomores Mike Heim and Joe Santilli.

Heim, from Halifax, Pa., is a very hard worker, according to Turner, and has been named team captain.

He will have to work hard to keep his starting job away from Santilli, who transferred to JCC from Brockport after compiling a 105-3 high school record at Maple Grove.

"Santilli has excellent wrestling



1982-83

NCCC

by Chuck Massaro

In every match this season, the Niagara County Community College

wrestling team will feel like a short-legged sprinter in a 100 yard dash.

They know that, like a short sprinter, they will come flying out of the blocks and be leading by the half-way mark of every match they wrestle. They also realize that they will be hard pressed to maintain that lead because they are not very fast in the final 50 yards.

"Our lightweights are very strong this year," says head coach Eric Knuutila, "We'll have to get very big leads from the lightweights and hope to hold on in the later matches if we hope to win."

This means that Knuutila will be looking for a lot of pins from his first five wrestlers. It also means that NCCC can not afford to be pinned in 1 or 2 matches and still hope to win.

Stanley Grobsmith should be awesome at 118 if he can make the weight, according to Knuutila. "If Grobsmith can make 118, he may be a National Champion at the Junior College level."

Grobsmith transferred to NCCC from Cortland. He is very strong and likes to throw says the coach, who adds that Grobsmith will add some very needed pinning power. When asked about Grobsmith's pinning ability, Knuutila spent less than a second thinking about it before he forecasted that "Grobsmith should end 80% of his matches at 118 with pins. He is just too strong at that weight for anyone else to stay with him."

Niagara will have three other wrestlers bidding for the 118 spot and all should see action there or at 126 throughout the season.

Coming out of the Morley tradition at Medina is Theo Morley, who at 6' should have a leverage advantage over all of his opponents at the lower two weight classes. Knuutila says that Morley is an excellent leg and crab rider.

Dick Aquino, from Williamsville North, may use his throws more as the season progresses because Knuutila Plans to spend one practice per week on freestyle and Greco-Roman. The coach calls Aquino a very "tough" wrestler who might be a little small (120-125 pounds naturally) to dominate at the college level.

Don Smith, who represented Akron at the Intersectional qualifier last year, may also be a little light for the physical college competition.

At 134, Pete Schiffert looks to be the starter ahead of sophomores Mike Frey and Lance McDermott. Last Year, Schiffert was a member of Armand Cacciatore's Niagara Wheatfield team.

Captain Jim Krolczyk, at 142, may be this team's leader on and off the mat. He sprained his ankle last year, yet still managed to place 6th at the Regionals.

Assistant Coach John Sendzik, formerly a stand-out wrestler at Lancaster, thinks Krolczyk will be an All-American this season, if they can keep him healthy.

King of Hill: Pioneer

Thirteen ballots were counted in the WNYWN's pre-season coaches poll and Pioneer received every first place vote. Falconer, 2nd in the poll, tied the Panthers on one ballot.

Last year, Pioneer finished 13-0. Panther roster lists 9 Valenti.

These four talented lightweights will all come in handy during tournaments and quad matches, but Block will be the top man.

Like Principio, Block comes from Geneva in Section V, and Turner says he is an excellent leg man and very quick on his feet.

Baer is a good technical wrestler, but at about 120 pounds, he may find himself being muscled around during the year.

Three freshmen will occupy the next two spots in the JCC lineup.

At 126, Turner will use Vaughn Nelson, also from Geneva, and Rich Azzano, Steve's cousin.

MEDINA'S MAIORANA FINDS SUCCESS AFTER HIGH SCHOOL

by Chuck Massaro

It isn't very often that someone can step right out of high school match to Cheektowaga's Dave Hickson in the finals of last year's Sectional tournament.

Like Niagara CCC and most other Junior College teams, Jamestown will be relatively weak in the heavier weight classes. "The fact that we do not have a football program takes away our ability to recruit good, heavy wrestlers," says Turner.

He still remains confident in the member number 47 in the NCAA's Division

II. Maiorana wrestled in 6 duals and a few tournaments to compile a 12-6 varsity record, including a second place finish in the Early Bird Tournament in Ashland and a third at the Edinboro Invitational.

The transition from Niagara-Orleans to Division II wrestling is not an easy one. "I found out right away that there are no easy matches at the college level," says Maiorana. "It seems that they're all a lot bigger, a lot quicker and a lot stronger in college."

To be competitive with the kind of schedule Ashland faces, a wrestler must not only be at the top of his form physically, he must also be mentally alert during every second of every match.

"You have to be on your toes all the time out there. In high school, if you locked someone up in a nice, tight clinch combination you could

n Alumni Arena

Junior College Previews

"He is very slick, and he can do just about everything you would ask from a wrestler," states Knuutila. "He can ride legs, he uses his throws well and he can score a lot of points. He may not pin every guy he wrestles, but he will get his share of major and superior decisions."

Backing up the captain will be "Moses". That is what teammates call 28 year-old Mike Stellata, a graduate of Williamsville North. Knuutila says that Stellata is one of the team's hardest workers, even though he is married, holds a regular job, and attends night school. Stellata could probably make 134, but his coach will not allow that. "He is probably worn out already with his hectic schedule. It may hurt him to go down a weight class," says Knuutila.

At 150, Niagara has Mike Freischlag, a Lewiston-Porter grad and a transfer from Virginia.

Knuutila believes that Freischlag is much more mature than he was in high school and is setting different goals for himself than in the past. "He will

definitely contribute this year, more so at the end of the year."

NCCC will have to win 4 of the first 5 bouts of every match, or else get some unexpected wins in the last 5 bouts, if they are to finish with what Knuutila will consider a successful season.

Dan Pfentner, Williamsville North, will start at 158 for Niagara. Knuutila says he weighs about 160 right now, which may mean he could run into some competitors who are much bigger than he is.

At 167, NCCC will call on a pair of former NFL wrestlers who must work out a schedule which will fit both wrestling and work at the same time. Sophomore Kurt Opolka, from Lewiston-Porter, and Tonawanda's Greg Brinker will compete for the varsity spot.

Knuutila is very high on freshman Paul Lukoszonas from North Tonawanda. "He is very strong and quick, but he relies too much on muscle. He still has to do some learning," states

Knuutila. Last year, Lukoszonas finished 2nd in the Section behind Jim Beichner.

Depending on the competition, one of Niagara's two sophomore 190 pounders will wrestle heavyweight. Both Mark Crane and Fran Hensel come out of the program at Lockport.

Crane tried to drop to 177 last year, while Hensel worked instead. Coach Knuutila thinks his team is getting a real lift from his presence this year.

Wins from some of the heavier men on this team should equal dual match victories for Niagara.

Knuutila sees his team being a much better tournament team this year than it is a dual match team. The lighter wrestlers will rack up many points for NCCC in tournaments.

Last year, Niagara fell apart because of injuries, low grades, and wrestlers who quit the team, making one of the most disappointing in Knuutila's career at NCCC. He hopes the same problems don't affect this year's personnel.

by Chuck Massaro

The depth and the wrestling ability are there, but if Jamestown Community College hopes to regain the National Junior College Athletic Association (NJCAA) Region III title that they held in 1974-75, they will still have to answer some important questions and then defeat Delhi.

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Lewis-Jones will be the man to beat. j- What percentage of a wrestling match is mental?

How much time do you spend dealing with mental conditioning?

It is widely accepted that the way a wrestler thinks (the state of the mind) significantly affects the quality of his physical performance. The main cause for errors in sport lies within the mind of the well-trained athlete - in his attitudes, self-talk, and in lapses in concentration.

Wayne Central. "Azzano is very knowledgeable on his feet and has the potential to be outstanding in our Region." believes Turner.

Zito steps right out of the Lancaster wrestling program into the

starting job at 167. "He is strong and smart in all phases of the game." thinks Turner, "and the weight class he is in is a wide open one throughout the Region, everyone he wrestles will be a freshman."

The coach can't see many freshmen coming into the Region who are as good. Psychomotor studies, those dealing with the relationship of the mind and the body, indicate an increased awareness of the need for mental training.

For most athletes, however, mental techniques and methods are not a part of their normal training procedures.

There are not many, if any, coaches and athletes who include: mental practice, relaxation training, breath control, meditative rehearsal, stress and thought management training along with the running, drilling, push ups and sit ups during their practices. When a wrestler has a physical problem bothering him, his coach has an arsenal of moves and training techniques to turn to in order to correct the problem.

When there is a problem in the mental aspect however, the wrestler is given some vague and ambiguous statement to "start thinking" or "get his act together".

Wrestling is obviously not just a physical experience. The movement of every muscle used to achieve victory involves the wrestler's emotions.

During competition, there is always the feeling that the wrestler is being tested, being judged as a person as well as a wrestler. In addition, each wrestler is constantly evaluating his own performance.

Due to the nature of the sport and its demands for perfection, a wrestler quickly thinks that his own value as a person is equal to the value of his performance on the mat. This personal valuation is seen in wrestlers as their self-confidence. The more wins, the greater the self-confidence; the more losses, the less self-confidence.

When a person believes his well-being is being threatened or endangered in some way, he becomes anxious (nervous). When the wrestler's mind is invaded by negative self-talk, images of past failures and concern about how others may judge him, his body reacts to this threat to his well-being, even though "it is only a game".

The self-value that the wrestler places on victory has been threatened by circumstances that could cause him to be defeated. An alarm reaction occurs and the body becomes prepared for danger.

As the anxiety and emotions of the wrestler continue to grow, like a snowball rolling down a hill, the athlete actually enters into an altered state of consciousness. This altered state makes him vulnerable to the suggestions of others, as well as his own. He becomes confused and frustrated and begins to accept the self-doubting suggestions that he has given himself. As if they were a self-fulfilling prophecy, he sees his own suggestions coming to pass. He loses spontaneity and flexibility.

This generalized rigidity causes him to respond in a more habitual manner, and he actually regresses to a lower level of wrestling ability. He increases his effort by

To be a top athlete and a premier wrestler, an athlete must develop nutritional conditioning in conjunction with physical conditioning. If all attention is focused on the development of physical and motor skills, while nutritional conditioning is ignored, it is possible that the athlete may not have the endurance, strength or speed to complement his physical and wrestling ability, with the result being decreased performance.

It is clear to every coach and wrestler, that physical conditioning is a continuous activity during the competitive season and ideally throughout the entire year. It is impossible to be a good athlete by training one or two days prior to competition.

The same principle applies to nutritional conditioning. A wrestler must develop optimal diet conditioning and weight control far in advance of the season. Periodic and interrupted nutritional conditioning may well be counterproductive to health and athletic success.

In order to achieve good nutritional conditioning, an athlete must develop a diet that will meet the nutritional and energy requirements necessary to assure optimal function of the body. The diet must adjust to the specific energy needs of the selected sport.

Wrestling is one of the top three sports that expends more calories per minute than any other sport. For every minute of wrestling, there are 14.2 calories expended. Short distance running expends 16.6 calories per minute while maximum speed, uphill skiing expends 18.6.

A successful diet must be a balanced one in order to meet the energy needs of any sport. To adequately meet these needs, 50-60% of the total calories in a diet should be carbohydrates, 10-15% protein and 25-35% fat.

Unfortunately, many persons ingest their total daily diet in less than three meals per day. This habit increases the production of lipids which are deposited as fat tissue. Hence, three small meals are more beneficial for nutritional conditioning than large, infrequent meals are.

The total calories taken each day determine the weight of the wrestler. If the total calories taken equal the total calories expended, the weight will remain constant.

Those who have a higher percentage of body fat than is acceptable must reduce their total caloric intake below that expended. If there is no measurable body fat, however, there will be a loss of lean body mass with diminished physical performance. There are published standards available to determine measurable body fat by the measurement of the skin fold thickness with skin fold calipers.

The importance of carbohydrates in the percentage of total calories was alluded to previously. Krough, in 1920, clearly showed that athletes maximized their performance when they increased carbohydrate consumption without changing total calorie intake.

The same does not hold true for fats. In fact, performance and endurance are decreased when the percentage of fat consumption is increased.

It is clear that the wrestler must begin to attend to his nutritional conditioning before the onset of a competitive season. He should set his goals of total daily caloric intake and determine the balance of his diet.

In forthcoming articles, we will discuss making weight, carbohydrate loading, pre-match meals, vitamins, minerals, and steroids. We will also discuss other physical and medical aspects of the sport. We welcome your comments and questions.

RON SMOLINSKI NAMED O.W.

Pioneer Wins Spartan Tourney; Clarence a Close Second

Pioneer, ranked first in the WNYWN's pre-season coaches poll, showed why they were given so much respect so early in the season, by taking home the team title in the second annual Spartan Invitational Tournament, Saturday, at Williamsville North.

The Panthers, under Coach Dick Post, placed 9 wrestlers in the finals of the 8 team event, and 4 of them, Mike Galioto, Jim Doyle, Jim Haggerty, and Ron Dabolt, emerged with first place trophies.

It was expected that Pioneer would be the team to beat in the tourney, since they lost just 1 starter from last year's squad that went unbeaten in 13 matches; but, 5 of the Section's better teams all planned to make the Panthers fight tooth and nail for the trophy.

Clarence, a team taken rather lightly in the pre-season poll (10th), behind teams like Jamestown and Olean H.S., shocked everyone by sharing the team lead with Pioneer throughout the day, and by winning 4 of the 8 finals matches in which Red Devils were entered.

Clarence finished just 21½ points behind Pioneer, 70 ahead of 3rd place Olean, and 70½ in front of Jamestown.

Winning for Coach Gary Braun's Red Devils were: the Rotundo brothers, Tony (91) and Mike (112), Jeff Ellis (215) and Rod Duttweiler (167).

Fifth place Hamburg entered 3 wrestlers in the finals, Ron Smolinski (177), Chuck Denecke (126) and John Ayre (119), and they all won their showcase matches.

Smolinski had another honor added after the tournament by being named Outstanding Wrestler. In the finals, Smolinski defeated Pioneer's John Hoffman, who was the state representative for Section VI a year ago, by a lopsided 11-0 score.

Denecke, who like Smolinski is a senior, had to go to overtime in his match with Jamestown's Fred Nutt before he was declared the winner. Nutt took Denecke down in the first period of regulation, but Denecke was able to reverse him in the 2nd period and ride him out for the remainder of the match.

"I felt pretty good in overtime, and it seemed that he was tired because he wasn't really moving as much as he was in regulation time," said Denecke after scoring a takedown in overtime to win the match 2-0.

One of the reasons Denecke was in good enough shape to wrestle hard in overtime has got to be his hard working teammate Ayre, who is just one weight class below Denecke.

Ayre jumped out to an early lead against Pioneer's Stan Krolick, but the Panther junior gradually narrowed the gap to 6-4 late in the match.

"I got a little worried at that point, he (Krolick) was wrestling a good match, but I still felt that I could hold on for the victory," said Ayre, who last year put together a 23-3 season as a Bulldog junior. Ayre scored 4 more points to make the final score 10-4.

Ken Weintraub won Williamsville North's lone title by defeating Dan Schefter of Clarence 4-0 at 98. His teammate, Phil Gaulin, lost a tough match at 105 to Jamestown senior Dana Manno.

In that match, Gaulin took a 4-0 lead into the 3rd period before Manno began a rally that gave him a 6-4 decision. Gaulin was twice called for not having his hand behind the elbow in referee's position, and those 2 points proved very costly. They gave Manno the lead and he was able to reverse and ride Gaulin to the win.

"I realized I hadn't wrestled well in the early stages of our match, and when I had the lead and was on top in the 3rd period, I just made sure he didn't hit me with a switch or a Peterson roll," Manno said. The Jamestown senior who went 21-9-1 last year, wrestled Saturday with a badly bruised hand.

Heavyweight Matt Martin defeated Clarence's Bill Laczakowski in the finals to become Olean's lone champion although Huskies Lee Anzvine (155) and Steve Irving (112) placed 2nd.

From the 132 until the 215 match, Pioneer was in the finals. Eric Slocum (167), Hoffman, and Jim George (215) all added valuable second place points, as did freshman P.J. Romesser at 91.

The Panthers were awesome in the middle weights as Galioto beat Jamestown's Bill Sharp 7-1, Doyle topped Bill Gibson of Clarence 9-4 at 138, Haggerty recorded the only fall of the finals, by pinning Clarence's John Smith at 145, and Dabolt beat rival Anzvine at 155 14-3.

Olean had 3 third place winners in Sean Konert, Todd Parks and Prescott. Dave Simons and Eric Romesser placed 3rd for Pioneer, Ed Foy and Tim Popinberg for Hamburg, and John Fiore and Tom Chirayath for the host Spartans.

Jamestown took 3rd in the 2 heaviest weight classes, while Jerry Caparasso (167), Paul Brown (177) and Rick Anastasi (105) placed third for Depew, Starpoint and Clarence respectively.



Edinboro's Bret Campbell splits Ed Principio of Jamestown in a 118 exhibition match. Campbell won 10-0, but JCC was awarded a forfeit because he did not make weight.

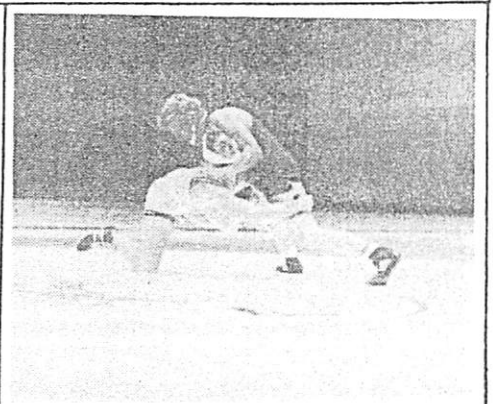
Jamestown C.C. Defeats Edinboro In Opener 23-15

Jamestown Community College opened its dual match season by defeating Edinboro State College, a 4-year school, 23-15.

The teams' captains met in a match at 167, with JCC's Mike Heim edging Ron Hamrick 6-5. The turning point in that bout came in the second period when Heim erased a 3-1 Hamrick lead with a 4-point move from the neutral position.

Also winning against the Scots were John Jaekle (Olean) at 150, Brian Mal-lory (Southwestern) at heavyweight, and Scott Hall at 190.

See complete results on page 8.



Maple Grove graduate Joe Santilli (light singlet) shoots a single on Edinboro's John Swift.

Photos by Dan Friel

LAST WEEK

23	JAMESTOWN C.C.	EDINBORO ST.	15
	Principio	118	forfeit
	Valenti	126	forfeit
5	R. Azzano	134	Saloum
	forfeit	142	Orfitelli
8	Jaekle	150	Rutkowski
0	Santilli	158	Swift
6	Heim	167	Hamrick
2	Rice	177	Walker
8	Hall	190	Clark
4	Mallory	Hwt	Caro

*Jamestown lost 1 team point

SPARTAN INVITATIONAL

Williamsville North- December 5

Team Scores- Pioneer 193½, Clarence 172, Olean 102, Jamestown 101½, Hamburg 92, Williamsville North 84, Depew 33, Starpoint 30½.

91-1. Tony Rotundo, Clarence

2. Paul Romesser, Pioneer

3. John Prescott, Olean

4. G. Barone, Starpoint

98 1. Ken Weintraub, Will. North

2. Dan Schefter, Clarence

3. Dave Simons, Pioneer

4. J. Taber, Starpoint

105-1. Dana Manno, Jamestown

2. Phil Gaulin, Will. North

3. Rick Anastasi, Clarence

4. Darryl Gattuso, Depew

112-1. Mike Rotundo, Clarence

2. Steve Irving, Olean

3. Eric Romesser, Pioneer

4. T. Fye, Jamestown

119-1. John Ayre, Hamburg

2. Steve Krolick, Pioneer

3. Todd Parks, Olean

4. P. DeMarco, Jamestown

126-1. Chuck Denecke, Hamburg

2. Fred Nutt, Jamestown

3. Sean Konert, Olean

4. Mike Wysiorski, Depew

132-1. Mike Gallo, Pioneer

2. Bill Sharp, Jamestown

3. Ed Foy, Hamburg

4. J. Gabler, Olean

138-1. Jim Doyle, Pioneer

2. Bill Gibson, Clarence

3. Tim Poppenberg, Hamburg

4. D. O'Hara, Olean

145-1. Jim Haggerty, Pioneer

2. John Smith, Clarence

3. John Fiore, Will. North

4. Darren Capusinski, Depew

155-1. Ron Dabolt, Pioneer

2. Lee Anzivine, Olean

3. Tom Chirayath, Will. North

4. D. Barney, Starpoint

167-1. Rod Duttweiler, Clarence

2. Eric Slocum, Pioneer

3. Jerry Caparasso, Depew

4. E. Battle, Jamestown

177-1. Ron Smolinski, Hamburg

2. John Hoffman, Pioneer

3. P. Brown, Starpoint

4. Joe Fowlow, Depew

215-1. Jeff Ellis, Clarence

2. Jim George, Pioneer

3. Dave Haines, Jamestown

4. Rob Sickler, Will. North

250-1. Matt Martin, Olean

2. Bill Laczakowski, Clarence

3. Chalamunci, Jamestown

4. Treichler, Starpoint

B Teams

Team scoring: Williamsville North 135, Pioneer 134, Jamestown 119, Hamburg 70, Clarence 69, Starpoint 64, Depew 27, Olean 21.

CHAMPIONS

91- Joe Findley, Starpoint
 98- Steve Kinsmen, Clarence
 105- Pete Durham, Will. North
 112- Troy Almeter, Pioneer
 119- John Richardson, Will. North
 126- Sean Murry, Pioneer
 132- Tim Connely, Hamburg
 138- Dan Dabolt, Pioneer
 145- Vern Keller, Depew
 155- Shawn Watson, Pioneer
 167- Tim Martinez, Jamestown
 177- Bruce Ulrich, Starpoint
 215- Curt Southwick, Jamestown

RUNNER-UPS

91- Mike Draper, Will. North
 98- John Doyle, Pioneer
 105- Mike Cabra, Will. North
 112- Dean Penman, Will. North
 119- Don Doyle, Pioneer
 126- Dave Hoyt, Will. North
 132- Doug Haque, Jamestown
 138- Greg Buckley, Will. North
 145- Dave Walewynowicz, Jamestown
 155- Melvin Robinson, Will. North

167- Bob Zajac, Clarence
 177- Pat Ball, Jamestown
 215- Eric Hey, Olean
 Outstanding- Martinez, Jamestown

45	Royalton-Hartland	Lyndonville	21
1	Jim Johnson	91	M. Siebert 13
WBF	Ken Copella	98	H. Walker 1:35
3:44	Dave Shortt	105	I. Wells WBF
6	Dennis Fawber	112	B. Bowie 1
4:46	Pat Farr	119	Strickland WBF
WBF	V. Rosselli	126	I. Dealea :43
WBF	Mike Lang	132	B. Barry 3:28
WBF	Quackenbush	138	Van Auker 4:00
Won	Schillinger	145	J. Doran Def
10	W. Cunningham	155	S. Berco 9
1	Jim Payne	167	Strickland 18
7	Jerry Wood	177	D. Joy 0
WBF	Brian Howes	Hwt	J. Moses 5:44

COACHES: Be sure to send us rosters and schedules. To see results of your wins, you must call us. It is very important to your wrestlers, as well as WNYWN.

Kosiorek...from p. 6

trying harder, but his ability to improvise has been drastically reduced.

This fast, frantic and frenzied state makes wrestlers be inconsistent, make mistakes and not even know what they are doing wrong. Ironically, this is what most athletes and coaches do before matches to get themselves and/or their team to perform well.

This state, where your thinking is rigid and inflexible, and your emotions are out of control, is good to be in if you were planning on panicking, jumping out of a 10-story burning building or being a kamikaze pilot. Of course the list of things this state is good for is a bit longer, but you won't find wrestling on it.

There are a lot of wrestlers who perform excellently in practices or dual matches but "choke" in tournaments or sectionals because they are not mentally tough. The ultimate measure of mental toughness is consistency in performance. If you have poor mental skills you are going to have inconsistency. This is the reason a wrestler or team performs differently from match to match, or practice to match. They have the same physical skills, so something must change inside the head.

Having been involved in sport for many years as an athlete, coach and physical education teacher; reading countless books, journals and articles; and talking with hundreds of athletes after a top performance; I believe there is an ideal state of mind and body that is conducive to creating a maximum

performance. The mental and physical characteristics of this ideal performance state seem to be:

1. Muscles are relaxed and loose.
2. A mental state of profound calm and quiet (no internal self-talk).
3. A high level of self-confidence, optimism and a positive attitude.
4. A seemingly boundless flow of energy.
5. It is a thoroughly enjoyable experience.
6. Moves seem effortless. It is so easy that it just seems to happen.
7. Performance is simultaneous, instinctive, natural and automatic.
8. Mentally alert with attention focused and not easily distracted. A sense of intensity of purpose that can be observed in the performance.
9. High level of self-motivation.
10. The situation is perceived as a challenge and not as a threat.

The key to increasing the likelihood that this ideal state of mind and body will occur is in the development of your:

- A) Thinking skills- controlling what you think and when.
- B) Relaxation skills- developing an inner awareness that will enable you to control your energy efficiently and effectively.
- C) Visualization skills- developing the correct neural pathways from the brain to the muscles involved.

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