

Rochester Wrestling News

Devoted to all phases of *Amateur Wrestling* in and around Rochester

Vol 1, No 2 Nov 1988 Rochester, NY (716) 334-6454 \$2.75 cover price



GI Joe

Spencerport's combative Joe LoPresti gears up for a state title

Warning to all 126, 132, 138, and 145 pound wrestlers who may face Spencerport's Joe LoPresti this season: Don't try to be his friend. "I'm never friends with guys I have to wrestle", says Joe. "On the mat, I hate my opponent. I can't help it, that's just the way I am." It shows in his wrestling. He's a powerful, explosive wrestler specializing in punishing takedowns that knock the wind out of opponents.

His belligerent attitude has powered Joe to nearly 100 varsity wins in
continued on page three

In-Season Weight Training Program

by Tony Gentile, assistant coach, Brighton High

The main objectives of an in-season weight training program are to maintain strength gained acquired in the off-season, and to help prevent injury during the season. A misconception about wrestling is that practice and competition alone will maintain strength and power throughout the season. Wrestling and running without routine maintenance training will often result in loss of muscle mass. This is especially true for the person who has previously strength trained, or the
continued on page two

Profile: St. Lawrence University

Takes first place in Div III NCAA's

Nestled between the Adirondack Mountains and the St. Lawrence River Valley lies a small liberal arts college with a big name in the sport of wrestling. St. Lawrence University is a Division III wrestling school with an excellent academic reputation and a reputation for taking on anyone... Division I, II, or III, in wrestling.

SLU is firmly committed to the undergraduate liberal arts ideal, with additional programs in education at the graduate level. It offers courses lead-
continued on page ten

RWN Prices going up...

When I first envisioned this publication, it was a 4 to 6 page photocopied results sheet, mostly covering the big schools in Monroe County. It quickly evolved, however, into a 10 to 12 page diverse, quality magazine.

Reader response has been great. But the process of producing RWN costs way more than I ever imagined.

Obtaining information, photos, and results, maintaining communications, distributing copies, securing advertisements, and buying equipment and supplies has really added up.

Faced with literary success but economic failure, I had three choices: Fold up, scale it down, or increase subscription prices.

With great reluctance, I chose the latter. Effective January 1, 1989, new one-year subscriptions will cost \$22.00. Until then, the \$18.00 price will be in effect.

I sincerely hope this increase does not cause you any inconveniences. I also hope you enjoy Rochester Wrestling News.

Thanks!!!

- Mike



Spencerport's Chris LoPresti, last year's state runner-up at 132 pounds, skying an opponent at state meet. LoPresti, now at Alfred State, was 38-1 last year, losing only in the state finals to Tony Ferraro of Sidney.

Rochester Wrestling News

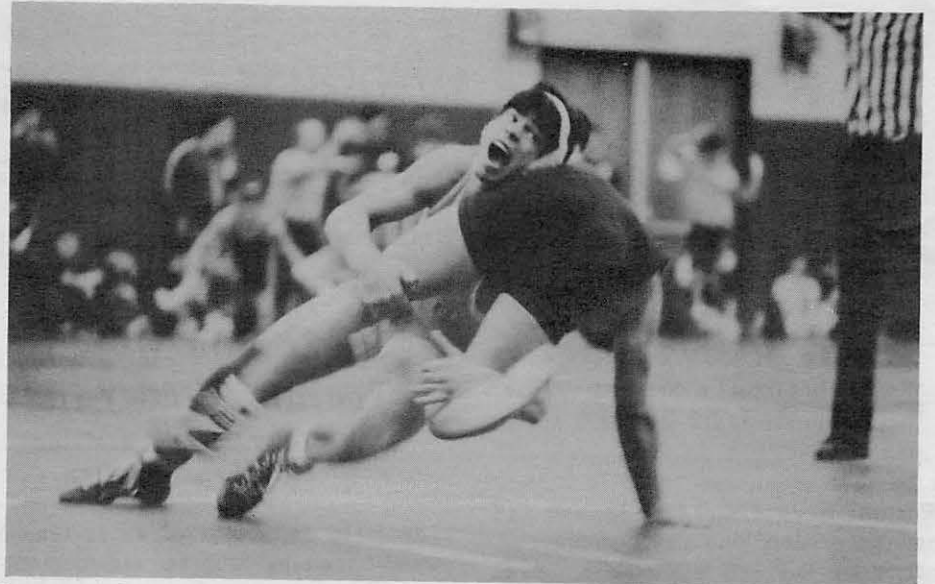
Publication Schedule: October, November, December, January, February, March, April, June, and August (10 times per year for \$18.00 per year)

We will be selling RWN at a few dual meets and tournaments during the season for a cover price of \$2.75 per issue. However, subscribe now to make sure you don't miss any of the action. Make check payable to:

Mike Morone
Rochester Wrestling News
57 Falcon Drive
West Henrietta, NY 14586
(716) 334-6454

Editor.....Mike Morone
Business Manager.....Kris Morone
Technical Advisor.....Bob Morone
Staff.....Nick Carrathers
Staff.....Eve Carrathers

Rochester Wrestling News is a copyrighted publication (1988). All Rights Reserved. Photocopying of any kind, in whole or in part, is NOT allowed without permission. This policy is strictly enforced.



Spencerport's Joe LoPresti scoring takedown in tournament action last year. LoPresti made it to the states and is looking to go all the way this year. He will wrestle anywhere between 126 and 145 pounds.

person dieting to maintain a particular weight.

The best time for strength training is at the end of practice. You might want to use your strength training as a form of aerobic conditioning. One way to get an aerobic workout is through circuit training. Have your wrestlers pair up and give each pair a station. Each station will be one minute long. One wrestler will do the exercise first, trying to get 8 to 10 repetitions completed in 20 seconds. His partner will then have 10 seconds to get ready and 20 seconds to get his 8 to 10 repetitions in.

Both wrestlers will then have 10 seconds to rotate to the next station and get ready to begin the exercise. To keep movement and weight adjustment time to a minimum, pair wrestlers up by size. If possible, use Universal or similar type exercise equipment. If this type of equipment is not available, body weight resistance or multiple bars at each station with variable weights might be helpful.

To increase the aerobic conditioning, alternate stations so that you work your upper body at one station and lower body at the next. The last and maybe most important point would be to train with movements that are similar to those used in wrestling.

In wrestling, many movements involve pulling, or quick explosive bursts. So all types of pulling exercises and explosive exercises like power cleans are beneficial. The following is an example of one possible circuit:

- 3 wrist rolls
- 4 power cleans
- 5 bench press
- 6 bikes (low resistance)
- 7 neck machine
- 8 bikes (high resistance)
- 9 towel pull ups
- 10 squats
- 11 dips
- 12 toe raises
- 13 roll ups
- 14 biceps curl
- 15 leg extensions
- 16 bent over rowing
- 17 leg flexion
- 18 upright rowing
- 19 back extension
- 20 military press
- 21 isometric pull ups
- 22 medicine ball toss
- 23 pullovers

If possible, try to get 3 to 4 days of strength training in per week. This particular circuit takes roughly 30 minutes to complete, 23 minutes for the stations and about 7 minutes to set up and break down the stations. Finding time for strength training is difficult, but I urge you to try and incorporate some type of training into your practices. If I can help you in any way, please feel free to contact me at 442-1500, extension 213. Good luck in your strength training.

Tony Gentile is the assistant wrestling coach at Brighton High School. His area of expertise is strength training for wrestling. He has done extensive research in this area. Tony wrestled for Irondequoit High School from 1973 to 1977.

The Book

U.S. Wrestling Champions: What Is Their Secret?

Have you ever wondered how Dan Gable psychologically prepared for a match?

How did Wayne Baughman train during the year?

When did Terry McCann set goals and how did he set out to achieve them?

In Wayne Wells' opinion what is the perfect practice session?

What was Bobby Douglas's favorite takedown and how did he perfect the move?

Learn the answers to these questions and more from 22 former National Champions. Each champion was asked 132 questions. Each individually deals with the topics: takedowns, mat wrestling, training, diet, psychology, family and general areas. Each chapter is easily constructed to compare each question and topic area among the champions.

Send for the book now! \$9.50

NORTH AMERICAN WRESTLING

P.O. Box 1481 • Las Vegas, NV 89125

- 1 lat pulls
- 2 reel runner

his career. And if all goes well, he will finish his high school career this season with over 130 wins. He started wrestling in third grade, the same time eventual state champ and brother Mike started.

As an eighth grader, Joe was 7-12. The next year he won the counties, made it to the semifinals of the state qualifiers, and posted a strong 27-6 record. As a sophomore, he was 31-7, making it to the semifinals of the state qualifiers again. And last year, Joe was 33-7. He won the rugged Hilton Clayton Barnard tournament (for the second time), the County Championships, and the Section Five State Qualifiers. At the states, he beat an undefeated wrestler (36-0) before losing to the sixth and fourth placewinners.

His magical victory in the finals of the state qualifiers was perhaps the most thrilling of the night. He faced Chris Passero, McQuaid's takedown technician, a guy who wrestles like Ray Leonard boxes. The week before, Passero defeated LoPresti in the Class A finals, 6-5. The next morning's sports section featured an article extolling Passero's prowess. Most fans favored Passero in the rematch.

The match was low-scoring, yet exciting. Each scored only two points until a minute was left in the bout. Chris was on top, unable to turn Joe. Figuring he could score another TD, he let the Spencerport wrestler out. With the match at 3-2, (LoPresti), both men attempted several takedowns. Passero was about to score on a double when LoPresti locked up a crotch-lift, rolled through, and amazingly came out on top. "I never did that move before; I just invented it right there", said Joe afterwards.

With 53 seconds to go, he clamped Passero to the mat. When the McQuaid star was close to escaping, LoPresti purposefully locked hands to maintain control - better to lose a point than risk a takedown. The final score: 5-3. To reinforce his dominance, Joe defeated Passero again six weeks later in the Brighton Takedown Tournament, 6-2.

"I felt confident and strong before the match", says Joe. "I usually wrestle best at the end of the season. I start sloppy, and then peak when it counts. That's when I really get focused." Even after the match, Joe had a hard time being friendly.

Joe is the third and last LoPresti to wrestle for Spencerport. Mike was the first, and so far, most successful. In

1986 he was 38-2, winning several titles, including the New York State Championship at 138 pounds. Mike is now at Monroe Community College. He is not competing, but does get on the mat to drill Joe. "He really helps me a lot", says Joe.

Chris, the middle brother, almost seemed overlooked at times, although he may be the best of all three. Last year he won 38 matches with hardly a close match. He scored 118 takedowns and made it to the state finals against 1987 state champ Tony Ferraro of Section Four's Sidney (near Binghamton).

After a scoreless first period, Ferraro opened up and hammered out a 8-0 shutout. Maybe it was due to first-time stage fright, or maybe Tony Ferraro is just one of the toughest wrestlers in the nation. Nonetheless, Chris now competes for Alfred State, and will surely continue his winning ways.

Back to Joe - his goal this year is to make it back to Syracuse and take the title. Next year, he will be tangling with college foes. So far, he is considering several schools.

"I'm not the smartest guy in the world, but my average is around a B", says Joe. Pretty good for a guy totally dedicated to wrestling, who has three majors (math, science, and French), and whose family is wrestling-crazy. Just sit with the LoPresti clan during a match; you'll know what we mean...

Joe plans on being an engineer some day. For now, he wants to concentrate on adding to his trophy and medal collection. Already his bedroom shelves sag from the weight of all his hardware.

It's a given his gruffness will net him a whole lot more this year as well.

Smallidge Western NY Kids Director

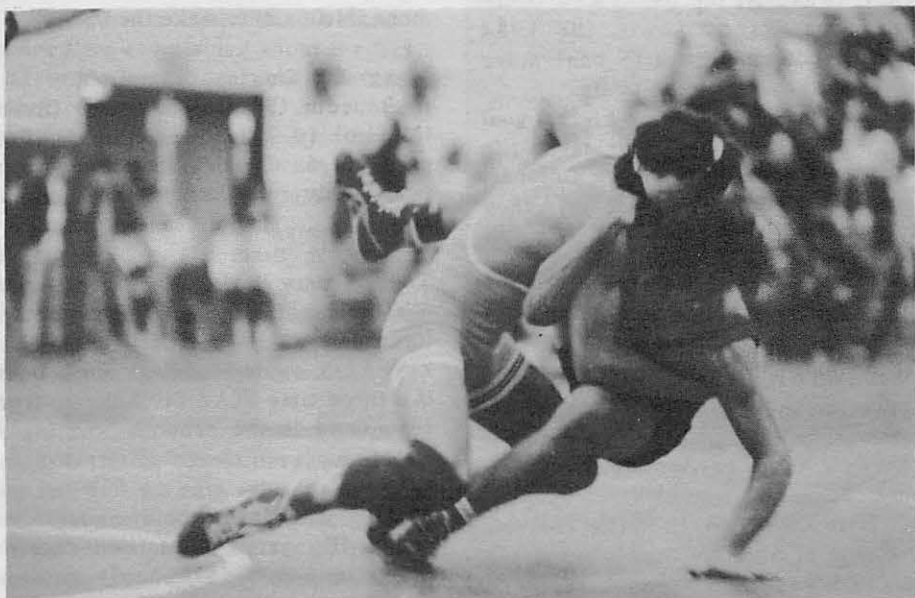
Mike Smallidge was appointed Western New York State Kids Director at the USA Wrestling Kids Annual Meeting earlier this year. In addition to this position, he is also Section Five USA wrestling junior chairman and director of the Gates Chili Wrestling Club.

Smallidge's new position means that he is now responsible for Sections 3, 4, 5, 6, 7, and 10.

In July, Mike was the team leader for the Cadet National Team, representing New York State at Warrensburg, MO for the Cadet Greco-Roman Nationals. He will be NYS team leader this upcoming July for the Junior Greco Roman Nationals in Cedar Falls, Iowa.

Mike became involved in USA Wrestling four years ago when he was looking for post-season tournaments for his sons, Joe and Steve. He did not find many in this area, and so decided to do something about it. This past spring, under Mike's guidance, USA Wrestling sponsored six local tournaments that were qualifiers for either state or national competitions. His wife, Lynn, is also very active in wrestling.

Both Lynn and Mike work tirelessly promoting off-season wrestling in the Rochester area. They also keep busy during the season as well. So the next time you're at a USA Wrestling event, go up to Mike or Lynn and thank them for their efforts. Without them, we might not have any off-season tournaments in this area.



Joe LoPresti scoring takedown in tournament action last year.

US wins six medals in Olympics

Smith and Monday win gold

Freestyle

John Smith (136.5 pounds) and Kenny Monday (163 pounds) won gold medals in freestyle wrestling at the 1988 Olympics in Seoul, South Korea.

The United States earned five medals in freestyle, with Bruce Baumgartner (220) winning the silver, Nate Carr (149.5) and Bill Scherr (198) taking bronze medals. Overall, the US was second to the Soviet Union in the medal count.

Monday's win was the most exciting of all. He scored the winning takedown over defending champ Adlan Varaev in sudden death overtime. His winning TD was from a body lock. He threw the Russian to his back after 42 seconds of overtime.

"I was tired, but I wanted that gold medal," said Monday, from Tulsa, Oklahoma. "The first score wins the match in overtime, so I had to go for it," he said. "I took him to his back. I couldn't believe it. It was just great."

John Smith defeated Stepan Sarkisian 4-0 in a finals match that amazed the wrestling world. Using his exquisite balance, flexibility, tenacity, and technique, he shut out his normally 149.5 pound opponent. Sarkisian had dropped down to 136.5 because Smith had beaten all Soviet 136.5 wrestlers in the past year.

Smith 23, a two-time NCAA champ from Oklahoma State, defeated an opponent who had beaten his older brother LeRoy, twice. At the US Olympic trials, Smith beat Randy Lewis, the 1984 Olympic champ who also beat older brother LeRoy in the '84 trials.

Said Smith "This is the biggest goal of my life. I get my happiness in life from wrestling." One of ten children, he gave his medal to his father, LeRoy Sr, who put it in the Smith Family's trophy room. "The Smithsonian," joked dad.

Baumgartner won the silver after losing 3-1 to the Soviet Union's David Gobedjivili. It was a lackluster performance for the 1984 Olympic champ. However, he did have a fine tournament otherwise as he easily defeated every other opponent.

Nate Carr had to settle for the bronze after a highly controversial 3-2 loss to Korea's Jang-Soon Park. The score was 3-0, Park, early in the second period when Carr shot a single and

moved to a body lock, taking his opponent out of bounds. Instead of giving Nate a one-point takedown plus a caution against the Korean for fleeing the mat, the referees did not award any points. Had they awarded the caution, Park would have been disqualified, as he had two cautions already. Carr then scored two late takedowns to close the margin to 3-2.

Afterwards, the US coaches filed a protest, but it was denied. However, FILA, the International Wrestling Federation, is considering a recommendation to discipline the three officials involved in the decision.

Carr, who defeated his other opponents easily, was thus denied the opportunity to wrestle eventual winner and undefeated five-time world champ Arsen Fadsaev of Russia. Said Jim Humphrey, coach: "Nate wrestled a great tournament, and it's a shame that he got cheated out of getting to the finals."

Bill Scherr, of Mobridge, South Dakota, earned a bronze medal after barely missing out on a chance to wrestle in the finals. He defeated three men, then lost a close 4-1 decision. Afterwards, he scored a tough 6-1 win to put him in the bronze medal match. In that match, he came out of a scramble and pinned former world champion Ewe Neupert of East Germany.

US results:

48 Kg: Tim Vanni, Porterville, CA, fourth place. Wb tech fall over Marcuno (Spain) 16-0, lb fall to Kobayashi (Japan) 1:48, dec Alsouti (Syria) 13-1, pin Zeinainia (Iran) 4:25, dec Sukeouglu (Turkey) 5-3, lost to Karamtchakov (USSR) 3-1. Vanni defeated Rick Salamone (McQuaid) to make the US team.

52 kg: Ken Chertow did not place. Lost to Bourdin (France) 5-1, dec Olvera (Mexico) 10-7, lost to Dimitrov (Bulgaria) 19-6. Chertow, from Penn State, is the only collegiate wrestler on the team.

57 KG: Barry Davis, (1984 silver medalist), did not place. Dec Schwendtner (Czechoslovakia) 11-2, lost to Ak (Turkey) 11-5, pinned by Nagy :36. Davis is a three-time NCAA Div I champ from Iowa, and is the school's winningest wrestler.

62 Kg: John Smith, gold medal. Dec Orban (Hungary) 11-4, dec Chtereve (Bulgaria) 6-3, dec Skubacz (Poland) 4-2, dec Lehto (Finland) 16-6, pin Schillaci (Italy) 5:54, dec Enhe (Mongolia)

12-7, dec Sarkissian (USSR) 4-0. Smith is a two-time NCAA Div I champ.

68 Kg: Nate Carr, bronze medal. Tech fall over Podloski (Hungary) 16-1, tech fall over Shiromohammed (Afghanistan) 15-0, dec Leipold (West Germany) 11-3, dec Brown (Australia) 6-0, dec McKay (Canada) 8-0, lost to Park (Korea) 3-2, dec Akalshi (Japan) 5-1. Carr, brother of 1972 Olympian Jim Carr, is a three-time NCAA Div I champ from Iowa State.

74 Kg: Kenny Monday, gold medal. Dec Walker (Great Britain) 12-0, pin Jessel (Mexico) 2:37, dec Magy (Hungary) 3-2, dec Sedji (Yugoslavia) 4-0, dec Holmes (Canada) 6-0, dec Enbayard (Mongolia) 2-0, dec Rauhala (Finland) 7-0, dec Varaev (USSR) 5-2 OT. Monday won the 1988 Tbilisi Tournament, was a four-time high school state champ, and four-time All American for Oklahoma State.

82 Kg: Mark Schultz, (1984 gold medalist), placed sixth. Dec Nanev (Bulgaria) 4-0, tech fall over Trik (West Germany) 16-1, dec Radomski (Poland) 8-1, pin Kodei (Nigeria) 1:41, pin Llomaki (Finland) 2:07, lost to Tamboutsev (USSR) 7-3, lost to Gencalp (Turkey) 14-0, injury default to Suhbat (Mongolia). Schultz is a three-time NCAA champ from Oklahoma.

90 Kg: Jim Scherr, fifth place. Dec Cox (Canada) 10-7, dec Toth (Hungary) 4-2, dec Varma (India) 6-3, tech fall over English (Great Britain) 15-0, lost by fall to Ota (Japan) 5:06, dec Albakov (Bulgaria) 3-1. Scherr is an NCAA and world cup champ.

100 Kg: Bill Scherr, bronze medal. Pin Wala (Poland) 5:26, dec Strishko (Czech), dec Loban (Great Britain) 5-2, lost to Puscasu (Romania) 4-1, dec Karadouchev (Bulgaria) 6-1, pin Neupert (East Germany) 3:31. Scherr is a world and NCAA champ.

130 Kg: Bruce Baumgartner, (1984 gold medalist), took the silver medal. Forfeit over ElHadad (Egypt), dec Shroeder (East Germany) 11-1, tech fall over Sandurski (Poland) 17-0, lost to Gobedjivili 3-1. Baumgartner is America's most successful heavyweight wrestler.

Greco Roman

The lone Greco Roman medal was a bronze at 100 Kg won by Dennis Kos-

continued on page 9

Rochester Wrestling News



Dual Meet Summary Form
To be filled out by Home Team Coach

Photocopy this form as needed

Dual Meet Summaries will be printed in every issue of *Rochester Wrestling News*. We rely on the *home team coach* for this information. Please **neatly** print out the information below and sign where indicated. Your signature grants permission to publish all these results.

The Noteworthy Achievements section is where you brag about your wrestlers. In this section, tell me all about their victories, titles held, won-loss records, successes, etc.

Date _____ Location _____ Official _____
 Home School _____ vs. Visiting School _____
 Home Coach _____ Visiting Coach _____

For each wrestler, circle the appropriate letter: W = Won L = Lost T = Tied

Home wrestler		Visiting wrestler		Score or Time of Pin
91	WLT		WLT	
98	WLT		WLT	
105	WLT		WLT	
112	WLT		WLT	
119	WLT		WLT	
126	WLT		WLT	
132	WLT		WLT	
138	WLT		WLT	
145	WLT		WLT	
155	WLT		WLT	
167	WLT		WLT	
177	WLT		WLT	
215	WLT		WLT	
UNL	WLT		WLT	

Team Score: Home _____ Visitor _____
 Home Team Won/Loss Record _____ Visiting Team Record _____
 Noteworthy Achievements _____

Home Coach Signature (required) _____
 Mail this form to: Mike Morone, Rochester Wrestling News, 57 Falcon Drive, West Henrietta, NY 14586 Please call if you have questions (716) 334-6454. Thanks!!!

RIT Wrestling Preview

As Earl Fuller enters his 41st year as wrestling coach at Rochester Institute of Technology (RIT), the dean of National Collegiate Athletic Association wrestling coaches has a modest goal for the 1988-89 season: a winning one.

Not since the Tigers posted a 9-5 record in 1979-80 has RIT finished on the plus side of the ledger. They improved their record to 3-6 last season (from 0-10) in 1986-87) and Fuller sees even more improvement ahead.

"I can see a good number of our wrestlers placing in the New York State Championships, as well as earning All American honors," said Fuller, who enters the season with 187 victories.

"The progress that this group made last season should benefit them; plus I think they'll improve as the year goes on."

One of Fuller's chores will be to replace potential All American Chris Madden (167 pounds), who transferred from RIT following a 14-11 record last season. John Suhr, a fifth-year senior who sat out last season with a knee injury sustained in 1986, will be the top candidate to replace Madden.

Senior tri-captains Brian Hart (126), Curt Jenkins (158), and Jim Leamon (177) are the core of this year's squad. Hart compiled a record of 8-17 last season and according to Fuller, should provide the Tigers with more experience. Jenkins, an All State selection and NCAA qualifier, led RIT with 21 victories (21-14) and recorded two pins, while Leamon posted a 7-9 record, mostly at 190 pounds.

Other potential starters for Fuller are junior Dave Dittelman (118, 5-10-1 record), sophomore Ilias Diakomihalis (134, 6-11), senior Joe Burke (150, 3-8), and Suhr at 167. Fuller sees wide open competition at 142 (John Murphy, Morgan Esser, and Duane Henry), 190 (Jason Buchovecky and Rich Perry), and heavyweight, where senior Tod Morris and All-Greater Rochester freshman Chris Mohr (Gates Chili) will compete.

Others vying for wrestling time include Dave Lyndaker and Tom Sullivan at 126, John Nigro, Jon Stolberg, Rich Liu at 134, Vatche Khachadourian at 150, Jonathan Boyd, Dan Cothorn, and Graig Loomis at 158, freshman Dave Ciocca and Stan Murak at 167 and Ron Tew and Todd Hoza at 177 or 190.

"The competition within the team should make our starters that much

better," said Fuller, who feels his team is more balanced and has better depth, primarily in the upper weight classes. "We hope to achieve a .500 record or better in our nine duals and place in the top half of our tournaments."

by William A. McKee

RIT Home Matches

Fri - Sat Dec 2, 3 RIT Invitational
Sat Dec 10 Oswego, Ganon, Bing.
Tue Jan 10 Brockport
Sat Jan 28 UB, Cortland
Sat Feb 4 St Lawrence

Attention, All Fossils

RWN would like to report on former Section Five wrestlers. We think readers would be interested in reading updates on these athletes. If you are a former grappler, send us information as well as a photo or two.

Literary Corner

From 1980 Olympic Team Member Gene Mills:

This I say to be the best,
To be yourself and not like the rest.
Work real hard to be real tough,
But 100% is not good enough.
Set the impossible as being your goal,
Then reach deep inside from within
your soul.
All you've got is all you could ask,
To help you achieve your impossible
task!

Jimmy Connors, on experience:
"The problem is that when you get it,
you're too damned old to do anything
about it."

AMERICAN SPORTS VIDEO PRESENTS COACHING TECHNIQUES

Any four
Coaching Technique
Videos
only \$99.95
(plus \$2.50 shipping)

AMERICAN SPORTS VIDEO features the greatest wrestling talent in the world demonstrating the techniques which have made them champions. No serious coach or wrestler should be without these Coaching Technique Cassettes. \$33.00 each or any four for \$99.95 (plus \$2.50 shipping and handling).

- JS 1 JIM SHEER Inside Trip Takedown Series
- JR 2 JIM SHEER Headlock Takedown Series
- RH1 RUSS HELLICKSON High single and double
- RH2 RUSS HELLICKSON Counter Techniques
- WS1 WADE SCHALLES Nearside Cradle
- WS2 WADE SCHALLES Farside Cradle Series
- WS3 WADE SCHALLES Half Nelson, Arm Bar Series
- WS4 WADE SCHALLES Load-ups, Clemons Roll Series
- WS 5 WADE SCHALLES Leg Wrestling Techniques
- WS6 WADE SCHALLES Russian Two-on-One Series
- JF 1 JOHN FRITZ (Russian Inside Step Series) Head Outside Takedown Series
- JF2 JOHN FRITZ Standup Series
- CA1 CARL ADAMS Basic Single and Double
- CA2 CARL ADAMS Fireman's Carry, High Crotch Series
- CA3 CARL ADAMS (Coaching Tips) Takedown Drilling Techniques
- AB1 AL BEVILACQUA U.S.A. Wrestling's Seven Basic Skills of Wrestling
- AB2 AL BEVILACQUA Attacking The Attack Zone
- AB3 AL BEVILACQUA Technical Approach To Tactical Wrestling
- PK 1 PAVEL KATSEN Introduction To Greco Roman Technique
- PK 2 PAVEL KATSEN (Setting-up and executing) Greco Roman Technique
- MF1 MARK FALLER Whizzer Technique Series
- MS1 MARSHALL SCHLOSBERG Granby Roll Series
- JH1 JIM HOWARD Basic Concepts of Leg Wrestling
- JH2 JIM HOWARD Leg Control Pinning Technique
- GM1 GENE MILLS Defensive Freestyle
- GM2 GENE MILLS Half Nelson From The Knees Series
- PG1 PETE GALEA Cradle Series
- PG2 PETE GALEA Escapes and Reversals
- PG3 PETE GALEA Leg Technique & Counters
- BP 1 BEN PETERSON Near Wrist Roll Series
- BP2 BEN PETERSON Low Double & Single
- EB1 ED BANACH High Percentage Leg Attack Takedown
- EB2 ED BANACH Pinning Combination and Wrestling Drill
- HK1 HAMID KERMANSHAH Overhook, Underhook, Foot Sweeps

YES, I WANT TO ADD THE ABOVE
(please check) CLINICIANS

VISA, Mastercharge, or School PO also acceptable.
VISA/MC # _____

Please Check Cartridge Desired: VHS Beta
AMERICAN SPORTS VIDEO
PO Box 306
Cayuga, NY 13034
315-253-4798 eves.

NAME _____
STREET _____
CITY, ST, ZIP _____

Rochester Wrestling News Tournament Results Form

Photocopy this form as needed



Tournament _____ Location _____
Date _____

Team Champions	Score	
2nd	3rd	4th
5th	6th	7th
8th	9th	10th
11th	12th	13th
14th	15th	16th

Individual Placewinners (List schools and scores)

	school	score			school
91	1st		2nd		
	3rd		4th		
	5th		6th		
98	1st		2nd		
	3rd		4th		
	5th		6th		
106	1st		2nd		
	3rd		4th		
	5th		6th		
112	1st		2nd		
	3rd		4th		
	5th		6th		
119	1st		2nd		
	3rd		4th		
	5th		6th		
126	1st		2nd		
	3rd		4th		
	5th		6th		
132	1st		2nd		
	3rd		4th		
	5th		6th		
138	1st		2nd		
	3rd		4th		
	5th		6th		
145	1st		2nd		
	3rd		4th		
	5th		6th		
155	1st		2nd		
	3rd		4th		
	5th		6th		
167	1st		2nd		
	3rd		4th		
	5th		6th		
177	1st		2nd		
	3rd		4th		
	5th		6th		
215	1st		2nd		
	3rd		4th		
	5th		6th		
UNL	1st		2nd		
	3rd		4th		
	5th		6th		

Most Outstanding Wrestler _____
 Other Individual Awards _____
 Highlights _____

Host Team Coach's Signature (required) _____

Mail this form to: Mike Morone, Rochester Wrestling News, 57 Falcon Drive, West Henrietta, NY 14586

Profile of a Champ

Tony Cotroneo, college
100 career winner, now
in SU Law School

In keeping with our desire to recognize past, present, and future champions, RWN is proud to honor Tony Cotroneo, former Irondequoit star. While in high school, Tony accumulated 164 wins, fourth best in NYS history. The only wrestlers with more wins are JP Epifanio, Whitehall Queensbury, (172), Marty King, Canandaigua (168), and Brian McGill, Cheektowaga (166).

He captained both the wrestling and football teams, and in 1981, won the New York State wrestling championship at 112 pounds. That year was a stellar one, producing 98 pound champ Brad Penrith (future NCAA champ), 91 pound runner-up Mark Gumble (Division III NCAA champ, now head coach at SUNY-Binghamton), 155 champ Tod Northrup (Div III NCAA champ), and 145 John Cardi (national contender and Empire State Games champ).

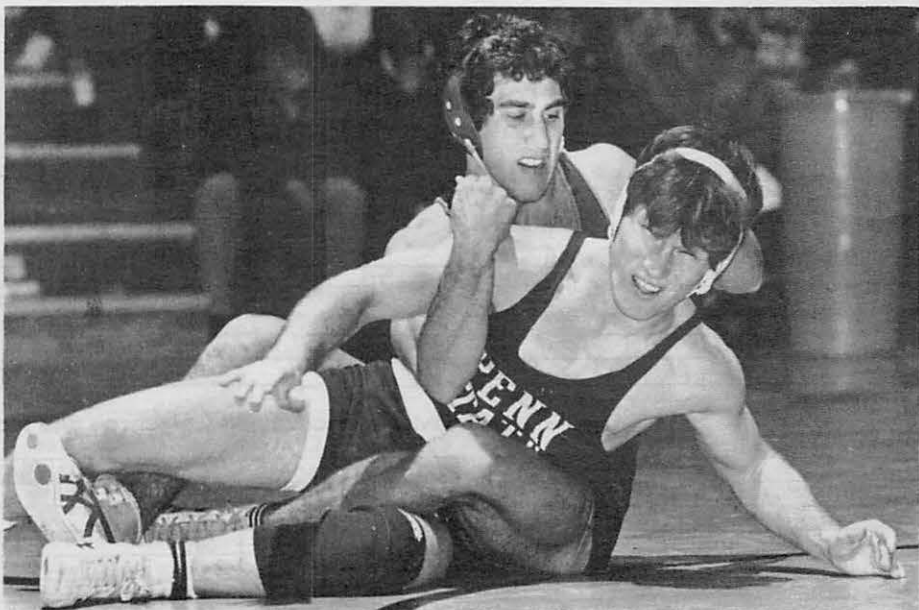
Cotroneo graduated from Syracuse University with a bachelors degree in finance and marketing in 1986. He was a four-time Eastern placewinner, three-time NCAA qualifier, and an Eastern champion. He won over 100 matches in accumulating a 101-23-1 record (an 80.8% winning percentage). Tony won the New York State Collegiate Tournament three times, while twice beating Greco-Roman Olympian Shawn Sheldon of SUNY-Albany. He also won the prestigious Midlands Tournament, beating three-time All American and NCAA champ Jim Martin of Penn State in the finals.

Now in his third year of law school at SU, he is the graduate assistant for the SU wrestling team. Tony has always been a leader by example academically and athletically. Syracuse University is proud to have this Rochester Great on its staff.

Tony works with Head Coach Ed Carlin, Olympian and Assistant Coach Gene Mills, and Olympian and World Champ Chris Campbell (who is a volunteer coach as part of a community service program for Carrier Corporation).

Upon completion of law school, Tony will head back to Rochester where he has accepted a position with the law firm of Woods, Oviatt, Gilman, Sturman, and Clarke.

by Gene Mills, SU Assistant Coach



SU's Tony Cotroneo gets ready to crank a power half on his Penn State opponent Keith Mauer.

Manning Outstanding at Sunkist Open

Tempe, AZ. - Mark Manning of the Sunkist Kids edged former NCAA champ Joe Gibbons of the Cyclone Wrestling Club 3-2 in the 149.5 pound finals, and was given the Outstanding Wrestler Award at the Sunkist Open.

Manning had edged Gibbons by disqualification in overtime earlier in the tournament. He controlled the positions in a tight match in the finals for the victory.

Olympic alternate Melvin Douglas of the Minnesota Wrestling Club had his hands full with former NCAA champ Royce Alger of the Hawkeye Wrestling Club in his finals win at 180.5 pounds. Douglas scored an explosive three point takedown, the key move in a hard fought 4-2 win. Alger defeated former Olympic and world champion Dave Schultz of the Sunkist Kids. Schultz was the Olympic alternate at 163 pounds and served as the assistant coach this year.

All ten champs of the meet, which is the top open freestyle event of the fall season, earned invitations to the Tbilisi Tournament, held in the Soviet Union on Jan. 30. The Tbilisi meet is considered the toughest wrestling tournament in the world.

The most falls in the least time award went to Jim Gressley, the fifth place finisher at 180.5 pounds. Gressley pinned four men in just 1:22.

The tourney was the first in America to use the new international wrestling rules adopted by the FILA Congress during the Olympic Games in Seoul in September. Among the modifications was a one period, five minute match. It is believed this is the first tournament in the world using the new regulations, which do not take effect until January of 1989. Results follow:

105.5 Finals: Rob Eiter (Sunkist) dec Larry Nicholson (Foxcatcher) 4-2
Third: Anthony Tamaz (Unatt) dec Jeff Schering (Unatt) 10-6
114.5 Finals: Cory Baze (Unatt) dec Jack Griffin (Unatt) 7-6
Third: Zeke Jones (Unat) pin Eddie Woodburn (Sunkist) 4:57
125.5 Finals: Brad Penrith (Hawkeye) dec Mitch Osberg (Gopher) 9-3
Third: Brad Gustafson dec Kendall Cross (Unatt) 17-12
136.5 Finals: Greg Randall (Hawkeye) dec Gil Sanchez (Sunkist) 11-10
Third: TJ Sewell (Unatt) wb inj def Mike Gomez (Oklahoma Underdogs)
149.5 Finals: Mark Manning (Sunkist) dec Joe Gibbons (Cyclone) 3-2
Third: Jim Akerly (Sunkist) dec Wayland Massey (USMC) 7-4
163 Finals: Marty Kistler (Unatt) dec Rob Koll (NYAC) 5-0
Third: Mike Carr (Sunkist) dec Dan St John (Unatt) 4-3
180.5 Finals: Melvin Douglas (Gopher) dec Royce Alger (Hawkeye) 4-2
Third: Dave Schultz (Foxcatcher) dec Kevin Jackson (Cyclone) 5-1
198 Finals: Dan Chaid (Foxcatcher) dec Mike Davies (Sunkist) 14-3
Third: Tod Giles (USMC) dec Rex Holman (Unatt) 6-5
220 Finals: Wayne Cole (Sunkist) dec Kirk Trost (Unatt) 6-5
Third: James Johnson (Sunkist) dec Eric Middlestead (Sunkist) 13-0
286 Finals: Tom Erikson (Sunkist) pin Matt Ghaffari (Sunkist) :16
Third: Mark Tatum (Oklahoma) wb inj def Robert Young (Unatt)

lowski of Minnesota. He defeated Guer-guiev of Bulgaria 6-0 to take the bronze. He is the first American to win a Greco Roman medal in a full Olympics Games.

Kozlowski's losses were 5-4 (against the sixth place finisher) and 1-0 (against the eventual winner). His medal and the overall competitiveness of the Greco team shows that the US is finally catching up in international Greco Roman wrestling.

US Results:

48 Kg: Mark Fuller, 27, of Pleasant Hill, CA, did not place. Dec Saito (Japan) 3-1; lost to Ronningen (Norway) 6-4; lost to Maenza (Italy) 7-4. Fuller is a three-time Olympian.

52 Kg: Shawn Sheldon, 23, East Greenbush, NY, did not place. Lost to Ronningen (Norway) 4-1; lost by disq to Huricha (China). Sheldon is a two-time Div III National Champ from SUNY Albany.

57 Kg: Anthony Amado, 25, Portland, OR, did not place. Lost by disq to Byung-Ho-Huh (Korea); pin Boulloche (Morocco) 1:05; dec Sigde (Norway) 10-7; lost by fall Holidis (Greece) 1:49. Amado defeated Frank Famiano (SUNY Brockport), 1984 Olympic fifth place finisher, in the US Trials.

62 Kg: Isaac Anderson, 30, Columbia, SC, placed sixth. Dec Tracz (Poland) 3-2; wb disq over Brahim (Morocco); wb disq over Hong (China); lost to An (Korea) 2-0; lost to Madjidov (USSR) 2-1; lost to Behl (W Germany) 5-1. Anderson prepared for the Olympics by training in Albany, NY.

68 Kg: Andy Seras, 25, Albany, NY, did not place. Wb tech fall over Ichilumpa (Peru) 16-0; wb tech fall over Pittner (Austria) 15-0; lost to Djoufalakian (USSR) 9-2; Seras and Lagerborg (Sweden) double disq. Seras was an alternate in the 1984 Olympics and was a Div III National Champ for SUNY Albany.

74 Kg: David Butler, Eaton, IN, did not place. Lost to Tracz (Poland) 6-3; wb disq over Podlesek (Yugo) 6:31; dec Ho (Japan) 6-1; lost to Kim (Korea) 2-0. Butler came from behind to defeat Dale Oliver (Canandaigua) in the US Trials.

82 Kg: John Morgan placed seventh. Wb disq over Nto (Cameroon) 5:50; Morgan and Stoykov (Bulgaria) double

disq; lost to Kleven (Norway) 3-2; forfeit over Daras (Poland) - did not make weight.

90 Kg: Michial Foy, S Holland, IL, did not place. Pin by Koschnitzke (E Germany) 5:20; pin Cox (Canada) :16; lost to Steinback (W Germany) 15-5. The exciting Foy was a surprize Olympian, defeating Mike Houck, US's only world champ in Greco to make to team.

100 Kg: Dennis Koslowski, Doland, SD, bronze medal. Wb tech fall over Fukube (Japan) 16-0; tech fall over Aho-kas (Finland) 15-0; wb disq over Marshall (Canada); lost to Goedekhour (USSR) 5-4; dec Teriei (Yugo) 2-1; lost to Wronski (Poland) 1-0; dec Guerguiev (Bulgaria) 6-0. Dennis was a two-time Div III National Champ from the Univ of Minnesota-Morris.

130 Kg: Duane Koslowski, Doland, SD, placed eighth. Dec Neumiller (Austria) 5-3; pin Bechara (Lebanon) 1:12; lost to Jlaus (Hungary) 2-0 lost by tech fall to Karelin (USSR) 15-0. Duane was a Div III National Champ along with his twin brother Dennis.

Slap a Coach!

This is an important message to wrestlers, parents, fans, and athletic directors. The next time you see the local wrestling coach, ask him if he subscribes to and contributes to Rochester Wrestling News. If the answer to either is no, slap him. Hard. Maybe it will wake him up.

You see, for decades, wrestling coaches have complained about the lack of press coverage our sport has received. Now that RWN is around, though, wrestling will no longer be ignored. Despite this, most coaches have still not sent in their "returning lettermen" or "coaches information sheet" they received in the mail. Nor have they subscribed. This is distressing, because coaches are our main source of material. RWN really need lots and lots of support in these areas:

1 Subscriptions - from coaches, wrestlers, sportsfans, school libraries, town libraries, and parents. Coaches, bring your copy to practice and encourage the team to subscribe. Bring a copy to the school library and ask them to subscribe. It will really help. And please do not photocopy RWN in any way.

Anyone who wants a copy should purchase one.

2 Information - on dual meets, tournaments, schedules, special accomplishments, etc. Send me what's going on, and I'll publish it if I can.

3 Photos - They really improve any magazine, and I really need good quality, action photos - color or black and white, recent or old. Please identify the wrestlers in the photos. I will send them back undamaged when finished.

4 Advertising support - Advertisements help cover the high cost of printing. If you know of anyone who might be interested in advertising in RWN, please suggest it to them.

5 Word of Mouth Support - If you enjoy reading RWN, please tell your friends about us. Encourage them to get their own subscriptions.

6 Feedback - We need to know what you like, dislike, and want to see covered. Please send us your letters now

People keep telling me that I will never get more than a handful of coaches to support RWN. Let's prove them wrong, OK? Thanks!!!
- Mike

Buffalo Area Wrestling Magazine

Buffalo (Section 6) has a new magazine devoted to amateur wrestling. Wrestling Review of Western New York, published by William S. Hein & Co., put out its first issue this month

Like RWN, it will cover high school results, college highlights, feature articles, training tips, rankings, photos, and more.

Subscription price is \$12.00 for a one-year subscription. If you're interested in scouting your competition to the west, mail in your subscription order to:

Wrestling Review
1285 Main Street
Buffalo, NY 14209
(716) 885-9016

RWN has a few free preview issues of Wrestling Review of Western New York. To get your free first issue, send a stamped, self-addressed envelope to RWN

ing to the bachelor's degree in arts and science and the masters degree in school psychology and education. SLU prepares many of its students for varying professions. It realizes that in these professions, there is a continual need for man and women educated in liberal arts.

Some 293 former students (49%) from the class of 1985 returned questionnaires to the school, indicating the following employment data:

Business	65%
Grad Schooling	27%
Armed Forces	3%
Travel	1%
Unemployed	2%
Other	2%

Total 100%

St. Lawrence is located in Canton, NY, which is served by US Route 11; a commuter airline connected with the Piedmont system operates flights to Ogdensburg, 18 miles away.

The school's enrollment averages 2100, with nearly an equal number of men and women. Students come from a wide geographic area, including several foreign countries.



Spencerport's Joe LoPresti showing perfect form on a single leg takedown.



St. Lawrence University's National Champion Team: L-R, back Brian Read, soph, Byron-Bergen; Dan Keating, sr, New Hartford; Pat Connors, sr. (national champ), Baldwinsville; Kevin Bishop, jr, Greece Athena; John Canty, sr, Suffern. Front: Mark Shortleeve, asst coach and former NCAA champ; Head Coach John Clark. All five wrestlers were All Americans.

Saint wrestlers are annually among the top ten in the NCAA Division III Championships and last year came away with their first national title. Saint wrestlers work hard to attain lofty goals, but there is more to it than that.

Saint coach John Clark, a SLU graduate and former conference champ, has a three step formula for success:

He seeks young men who are interested in becoming successful people after college and wrestling. His program has produced eight national champs, and among them are a lawyer, stockbroker, surgeon, high school coach, college coach, Olympic team alternate, and two graduate students.

And, having put in the hours of training needed to become successful on the mat, he looks for men who would enjoy a flexible and unique training system... one which follows Clark's credo of hard work and hard rest. Clark's training program includes a lot of the normal wrestling practice techniques, plus a few which fit the "hard rest" category. Special practices for the team include European handball games, tugs of war, mountain climbing, ice skating, white water rafting, downhill skiing... and for those who don't want to sit in a hot sauna to make a weight, cross country skiing on a lighted track to drop a few pounds.

"Some of our practices are an adventure," said Clark. "As a matter of fact, most of our road trips are an adventure. We travel quite a lot for a small college." Their competition against Division I teams may not always help the dual meet record or the tournament standings, but they can pay big dividends at season's end.

The 1988 season was a case in point. The Saints fared well against stiff competition during the season, posting a 4-2-1 dual meet record and some solid tournament finishes. They qualified five wrestlers for the NCAA's, down a bit from their usual qualification numbers, but the five proved tough enough.

The Saints put it all together at that tournament, their iron five leading the field nearly from start to finish, and walked away with NCAA Championship rings. It was the first wrestling championship in SLU history. Clark's teams annually rank in the top five in the country in Division III and in his 18 seasons as coach he has compiled an impressive 178-46-2 record (a 78.76% winning percentage).

While Clark can point with pride at that record, plus the national title, a designation as Coach of the Year in 1988, he is most proud of the careers or life success of his former athletes. "We go from Hollywood actors (Kirk Douglas and Jim Townsend are former SLU wrestlers) to world famous explorers (Albert Cary visited both poles and Mike Perfit, '71, who explores the oceans) to lawyers, doctors, stockbrokers, and coaches. People ask what St. Lawrence is about, and I tell them that SLU is the people that it produces."

Among those people are eight national individual champs since 1976, countless All Americans both on the mat and in the classroom, and several outstanding wrestlers who continue to give back to the sport. And most of them are home-state products. Clark is a Central New York native and each of the Saints' national titlists are New

Yorkers... including two from the same family - heavyweights Mike and Pat Connors of Baldwinsville. Mike, the 1984 champ, is now the wrestling coach at state power Fulton, while Pat, the '88 champ, is in grad school at SLU. Lelan Rogers, the 1985 190 pound champ was an assistant coach at Syracuse last season, and 1986 126 pound champ Mark Shortleeve is currently Clark's assistant.

Other SLU products include Rochester's Phil Lanzatella, an Olympic alternate in Greco-Roman, and Attica's Wess Audsley, currently the assistant coach at Ohio State who was the expert commentator on wrestling at the Olympics.

"We have had a lot of success in finding quality people in central and western New York," said Clark. "Phil Lanzatella was a four-time All America from Rochester and is a many time AAU champion. On our current team we have Brian Read from Byron-Bergen who was an All American as a junior and Kevin Bishop from Greece Athena, who was third in the NCAA's."

"When you look at the list of national champions you see that seven out of eight are from Upstate New York. The list will continue to grow because most people who visit are sold on SLU because it is definitely a people place. And it is a place where wrestlers find success after wrestling.

by Wally Johnson, Director of Sports Information, SLU

Ithaca wins first Dual

Ithaca College won its first dual meet of the 1988/89 season in grand fashion, defeating SUNY Binghamton 43-0. It featured a fall by Tom Shaw, 118, over Mike Tennant at 6:00 and a technical fall by Tim Cotter, 142, over Mike Choi.

Did you know...

Six Newark wrestlers won more than 20 varsity matches last season?

Newark wrestlers won 34 medals / trophies for places in tourneys last season?

Newark had 103 pins in 1988 - third highest in Newark history?

Newark totaled 239 wins in 1988?

Do you know of other team stats?

1987/88 Sectional Results

Class A

Brighton	174.5
Spencerport	168.5
Hilton	142.5
Gates Chili	126.5
Rush Henrietta	123
Canandaigua	118.5
Edison Tech	85
McQuaid	82.5
Webster	82
Churchville Chili	80
Athena	74.5
Brockport	73
Fairport	57.5
Olympia	47
Pittsford	40
Monroe	37.5
Irondequoit	33.5
Penfield	26.5
Bishop Kearney	21
Cardinal Mooney	18.5
Franklin	5.5

Class B

East Rochester	165.5
Waterloo	119
Newark	101
N. Rose-Wolcott	100
Geneva	97
Midlakes	95
Livonia	86
Victor	70.5
Pal Mac	56
Batavia	54
Eastridge	53
Wellsville	47.5
Haverling	38
Mynderse	38
Wayne	36.5
So. Seneca Rom.	35
Marcus Whitman	29
Penn Yan	26
Attica	24
Hornell	24
Dansville	22.5
Elba Oak. Alabam	15
H-F Lima	7

Class C

LeRoy	170
Addison	111.5
Perry	97
Sodus	96
Bloomfield	95.5
Marion	93.5
Byron Bergen	86.5
Williamson	84
Warsaw	78.5
Wayland	71
Pembroke	45.5
Lyons	44
Alexander	40.5
Geneseo	38.5
Letchworth	32.5
York	31
Holley	23.5
Cal Mum	18
Avon	12.5

Class D

Pavilion	206
Canisteo	164
Alfred Almond	150
Jasper Trpsburg	105
Kendall	98
Northstar	87

Avoca	84
Lyndonville	83
Red Creek	60
Dundee	43
Keshequa	41
Bolivar	38
Campbell	33
Hammondsport	18
Savona	10
Fillmore	9
Red Jacket	5

Section V Champions

91 Bill Opett (Bloomfield)
98 Rich O'Lena (ER)
105 Andy Antonucci (Hilton)
112 Chris Bannister (Spencerport)
119 Joe LoPresti (Spencerport)
126 Dan Sobol (Brighton)
132 Chris LoPresti (Spencerport)
138 Eric Toal (Byron Bergen)
145 Scott Smith (S Senec Romulus)
155 Rick Sadwick (Hilton)
167 John Welch (Canandaigua)
177 Tim Spina (Waterloo)
215 Jeff Woodring (Victor)
250 Mike Szumilowski (Webster)

Awards

John Ordiway Award:
Andy Antonucci (Hilton)

Wrestler of the Year:
Rick Sadwick (Hilton)

Coach of the Year:
John Grillo (Pavilion)

Coaches of the Year:
Class A - Al Krotz (Hilton)
Class B - Abe Meyers (Waterloo)
Class C - Gene Wild (Bloomfield)
Class D - John Grillo (Pavilion)

Classifieds

Section Five Chairperson for USA Wrestling. Interested people please contact Mike Smallidge at (716) 247-7782 home, or (716) 436-3068 work.

Section Five Referees for USA Wrestling. Pay included. State and national level positions available. Clinic and sign-ups in February. Date to be announced. Contact Mike Smallidge at (716) 247-7782 home, or (716) 436-3068 work.

Tournament sites for USA Wrestling Qualifier Tournaments. Call Mike Smallidge at (716) 247-7782 home, or (716) 436-3068 work.

Rochester Wrestling News

To subscribe, fill out and mail with payment (\$18.00 for one year) to Mike Morone, Rochester Wrestling News, 57 Falcon Drive, West Henrietta, NY 14586 (716) 334-6454

Name _____ Phone _____ Date _____

Address _____

City/Town _____ State _____ Zip _____

I am a: wrestler HS coach college coach parent fan

Sixth Annual Ithaca College Invitational

Team Scores: 1 Ithaca 160.75, 2 Springfield 124.75, 3 Cortland 119.25, 4 St Lawrence 103.5, 5 Oswego 88.75, 6 Allegheny 75, 7 Rhode Island 63.5, 8 Delhi 52.5, 9 Mansfield 47.25, 10 York 41.75, 11 Brockport 41.5, 12 W. New England, 13 RIT 33.25, 14 S. Connecticut 30

- 118 1st & 2nd **Troy Monks**, Cort WBF Tom Shaw, Ithaca 5:51 (Monks Outstanding Wrestler)
3rd & 4th Ken Sweet, Delhi dec Scott Savella, SLU 9-4
5th & 6th Brian Shea, Allegheny WB forfeit Rich Hart, York
- 126 1st **Brian Darling**, Oswego dec Jim Creighton, Delhi 10-7
3rd Rick Pawlewicz, SLU dec Ray LeChase, Ithaca 5-4
5th Brian Allen, RI dec Kevin Ascoli, Spring 12-6
- 134 1st **Tom Failing**, Spring dec Kevin Bishop, SLU 3-2
3rd Joe Amato, RI WBF Sean Kiley, Spring 1:33
5th Jon Bannister, Cort dec Dahl Angus, SLU 9-6
- 142 1st **Tony Pendolina**, Allegh dec Joel Lamson, Ithaca 5-2
3rd Greg Muscarella, Spring dec Tom Green, Cort 4-3
5th Rusty Snyder, Mansf WB forfeit Maty Calder, Brock
- 150 1st **Rich Hasenfus**, Sprind dec Todd Wilcox, Spring 8-2
3rd Ron Gross, Ithaca, WBF Joe Guardino, Cort 0:42
5th Mike Wade, Oswego WB forfeit Cortney Lewis, York
- 158 1st **Tom Tierney**, Ithace dec Calum McNeil, McMaster 3-0
3rd Sean Yengo, Cort dec Marty Nichols, Ithaca, 6-2
5th Scott Carlsen, RI dec Dale Franquet, Mansf 13-4
- 167 1st **Mike Yanosik**, Cort dec Tim Habecker, Ithaca 7-4
3rd Willie Ellinger, S Conn dec Mike Malenfant, SLU 7-6
5th Walter Digesse, RI WBF Jon Boyd, RIT, 0:30
- 177 1st **Tom Chirayath**, Oswego dec Ron Ledbeter, Allegh 15-6
3rd Jim Leamon, RIT dec Rick McNeil, Brock 4-3
5th Andy Altman, Cort WB tech fall Brad Howden, SLU
- 190 1st **Rey Sanitago**, WNN dec Dan Bieller, Ithaca 11-6
3rd Dave Vinson, Potsdam, WBF Lewis Prough, Mansf 5:53
5th Rick Kauszewski, Allegh dec Tim Sewell, Brock 8-1
- HWT 1st **John Buhner**, Oswego dec Mike Fusilli, Ithaca 6-5
3rd John Matile, York dec Andy Miller, Spring 8-0
5th Mike Kroha, S Conn WB forfeit Randy Cotton, Ithaca

Rochester Wrestling News
57 Falcon Drive
West Henrietta, NY 14586

Next Issue:

Early tournament results
Dual Meet Summaries
A Profile of RIT
Individual / School Rankings
Losing Weight Safely
Articles on Top Wrestlers
and more... **Subscribe Now!!!**

College Wrestling Results Hotline

The National Wrestling Coaches Association (NWCA) has again created a special calling hotline for college wrestling results. Wrestling fans across the nation can call a number each day and hear a tape recorded message with the results from the day before. Starting on November 25, college dual meet scores can be heard at this number:

(608) 255-7116

The hotline was established last year and was used regularly by coaches, fans and journalists. "This was a great service for all wrestling people," said Gary Abbott, Manager of Media Relations of USA Wrestling and the founder of the hotline. "Never before has wrestling results been available so easily to the entire nation."

The National Wrestling Coaches Association, the sponsor of this hotline, is a professional organization for wrestling coaches in America. For more information, contact Gary Abbott at (719) 597-8333.

Coaches:

Please use the forms inside to keep us informed -

Dual Meet Summary Form
page 5

Tournament Results Form
page 7

Photocopy these forms as you need them. Or send a stamped, self-addressed envelope to RWN for additional copies. Also send us your wrestling schedules!

Thanks & good luck!