

New York Wrestling News

Covering All Aspects of Amateur Wrestling in New York State

Published Eight Times Per Year for \$16.00
Volume 1, Number 2 November 1989



Pre-Season High School Rankings

Alberti, Lyman, and Bouzakis
Dominate State Poll

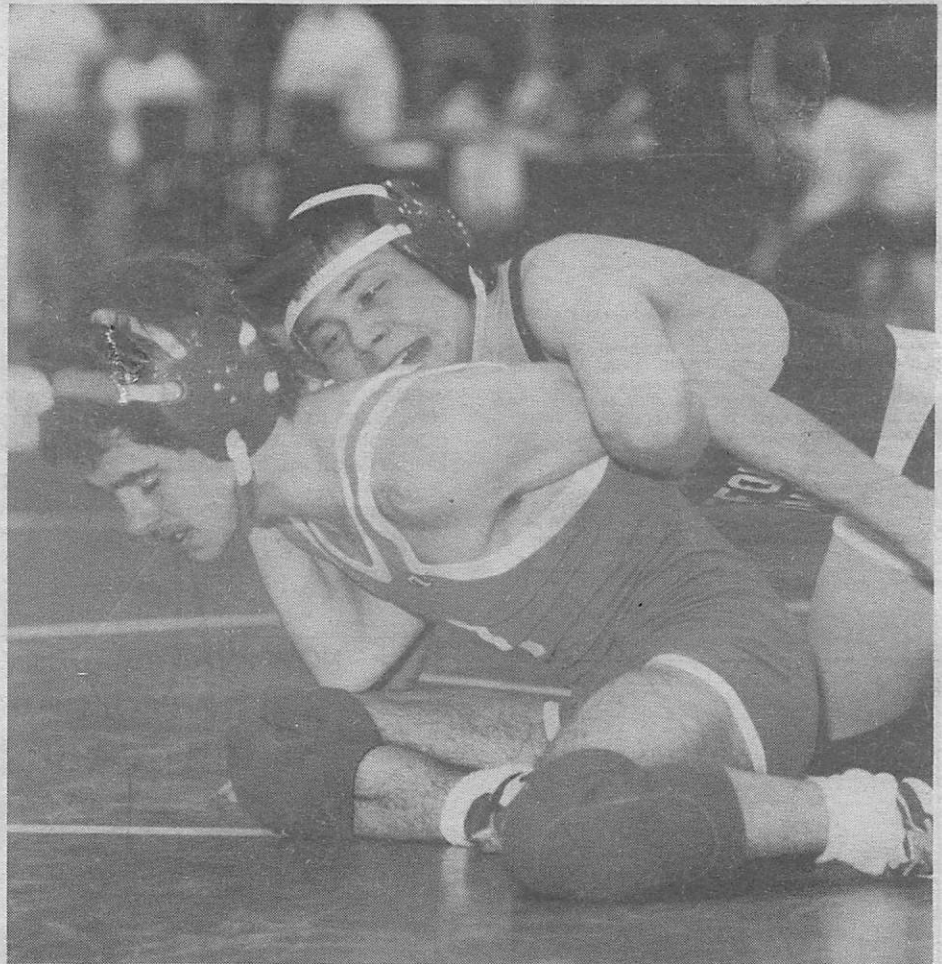
Four state champs are included in NYWN's 1989 pre-season high school state rankings. They are two-time champ Troy Bouzakis of Pine Bush-9. Bouzakis, who was runner-up at 119 pounds last year, is top ranked at the same weight this year. While he may not have the title for most wins (owned by Johnson City-4 star JJ Stanbro), he must have the best won/loss record -133-2 (nearly a 99% winning percentage). Now a senior, he is looking for that third title he came so close to the past two years.

The basis for rankings is place-finishes at last year's states and other state-wide tournaments. In addition, wrestlers with victories over ranked wrestlers were given consideration. To nominate a wrestler, please mail in the ranking card on page 21 by December 15th.

Seamus Lyman, a three-time Section 3 champ from Watertown, is top ranked at 155. He was runner-up as a soph, then knocked off JJ Stanbro in last year's finals. Lyman is super-tough, and would probably be top ranked at 167 as well.

91 pounder Anthony Alberti, Hendrik-Hudson, Section 1, returns this year as a senior. He took the NYS crown last year im-

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Mike Buonagurio, a senior from Connetquot-11, rides 91 pound state champ Anthony Alberti, Hendrik-Hudson-1. Alberti, a senior, is top ranked at 91, with Buonagurio third at the same weight. Photo by Peter Venier, Sports Action Photos

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Longwood's Nick Hall claims freestyle title;
St Joe's Kevin Brinkworth takes Greco title

Neighborhood bullies usually feel good because they're the toughest kids on the block. Now imagine stretching that block to encompass the whole world! What an ego trip that must be - to own a world title,

continued on page 11

Olympian Andy Seras: "I'm the Best Guy"

Former Niskayuna Star Proves He's
Top-Ranked 149.5 Greco wrestler in the US

In the early stages of high school, his teammates called him "pudge-ball". He did have some traces of baby-fat but his looks belled what was to come. Today, Andy Seras is anything but a pudge-ball.

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All contributions to NYWN are welcome! We need action photos (black and white or color); dual meet and tournament results; wrestler profiles; ranking information; articles; and other newsworthy items. Please help us by submitting your contributions now! Thanks!!!

New York Wrestling News is an independent publication devoted to comprehensive coverage of all levels of amateur wrestling in New York.

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Comments

Some comments about issue #1 of NYWN:

"Great paper - much needed!" - Art Conorton, Irondequoit High School (Sec 5).

"...Fantastic job; looks really professional." - Joe Russo, Section 11.

"Great idea covering New York State!" - John Grillo, Holley High School (Section 5).

"Congratulations on a fine issue!" - Bill Hein, editor of *Wrestling Review of Western N.Y.*, Sec 6.

"Very nice job; we really appreciate all the efforts involved." - Joe DeMeo, Albany St.

"Congratulations on an outstanding first issue. As a native New Yorker, I would have loved to have a state wrestling newspaper like yours, when I was competing. Your publication offers a great service to a great wrestling state. I encourage all the wrestlers, parents, and fans of wrestling in New York to subscribe and support the publication." - Gary Abbott, Manager of Media Relations, USA Wrestling.

"It's Fantastic!! Great job by all involved. I wouldn't mind seeing a few more shots of

those overworked, underpaid wrestling officials!" - Marshall Schlosberg, former New York Valley coach and current official Sec 4.

"I must say 'fantastic!' This is going to be a big hit. I'm sure that everyone will agree that this magazine will be a big success and is what we have needed in New York for a long time." - Sam Minardi, Section 9.

"I think your publication is great. It's about time New York had a publication devoted to high school wrestling." - Mike McAuliff, Tully High School, Section 3

"I think your paper is excellent!!" - Craig Foster, SUNY Delhi.

"That was a lot of work!!!!!" - Kris Morone, NYWN Business Manager. □

State Rankings!

Wrestlers, make sure your coach nominates you for Top Ten High School State Rankings for next month.

To nominate a wrestler, please completely fill out a ranking card on page 21. Then send it in to NYWN on December 15th.

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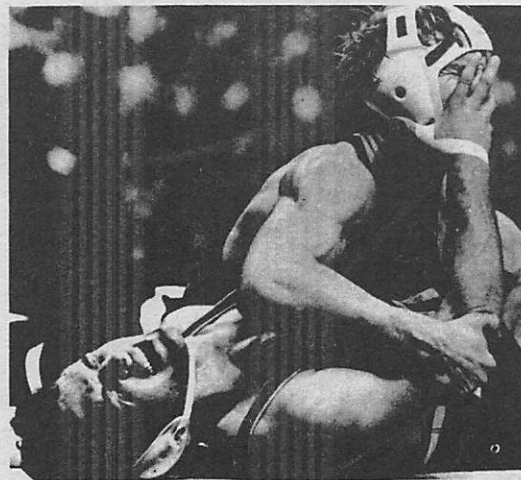
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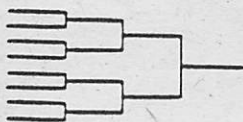
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World Wrestling Grand Championships

December 26, 1989

The Greatest Event in the History of Olympic Wrestling!

Considered the greatest wrestling event of all time, the Blue Cross World Wrestling Grand Championships will be held in Pittsburgh, PA in December 26th at the Civic Arena. History will be made that evening.

The event will pit members of Freestyle Team USA in challenge matches against the best individual wrestlers in the world.

For the first time in history, these Olympic wrestlers will be competing for "prize money". A total of \$65,000 is on the line during the eleven bouts that night.

The money will be paid to each national federation, which can distribute it to athletes. The event meets FILA regulations, and is supported by the international wrestling federation.

Also on the card is the greatest matchup in the history of the sport. The Main Event is between Olympic and two-time world champ John Smith and six-time world champ and two-time Olympic Champ Sergei Beloglazov at 136.5 pounds.

This Main Event is for \$10,000. The winner earns \$8,000 and the loser \$2,000. Beloglazov has come out of retirement to face Smith, and will be going up a weight class just for this special challenge match.

Sergei Beloglazov was the most dominant wrestler of the 1980's and may be the greatest wrestler in the storied history of Soviet wrestling. John Smith is considered the greatest active wrestler, and may be the greatest wrestler in American history. The two have never previously met.

Joining Smith from Team USA will be Tim Vanni (105.5), Zeke Jones (114.5), Brad Penrith (136.5), John Giura (149.5), Nate Carr (149.5), Kenny Monday (163), Melvin Douglas (180.5), Jim Scherr (198), Bill Scherr (220), and Bruce Baumgartner (286).

Ten of the eleven bouts will be for \$5,000. The winner takes \$4,000 and the loser \$1,000. There will also be prize money for

the most outstanding wrestler. There will be two feature matches including local (PA) stars. Olympic bronze medalist Nate Carr, Erie, PA, will face Olympic gold medalist Arsen Fadzayev at 149.5 pounds. Fadzayev edged Carr in the 1989 World Cup showdown. This bout pits Carr's explosive action against the most technically solid wrestler in the world.

Fadzayev has never been beaten in major competition, until he lost in the world finals at 163 against Kenny Monday. He also has added four European championships.

The other feature match includes Bruce Baumgartner, of Edinboro, PA, who takes on arch-rival David Gobejdjshvili of the Soviet Union at 286. These are the best big men of the modern era. Both are world and Olympic champions. This will be a rematch of the 1988 Olympic final, won by Gobejdjshvili by a slim 3-1 score.

Baumgartner won the 1984 Olympics and was the 1986 World champion. Gobejdjshvili won the Olympics in 1988 and the world title in 1985. The two men have traded victories in major events for four years.

The major excitement of the event is the individual matchups in each weight class. Never has the spotlight of the world been on such a strong lineup on international stars.

At 105.5, facing American Tim Vanni will be Jong-Shin Kim of Korea, the 1989 World champ and 1989 World Cup champ. This 19 year old phenom defeated Vanni twice in their matchups this year.

At 114.5 perhaps the best lightweight of modern times, Valentin Jordanov of Bulgaria. This four-time world champion will face young American Zeke Jones of Tempe, Arizona. Jordanov, a seven-time European champ, will reportedly retire after this challenge match.

At 136.5 is Gary Bohay of Canada, the world runnerup to John Smith. He will face American 125.5 pound world team member Brad Penrith of New York, who will compete with a weight allowance. Bohay was eighth in the 1988 Olympics, and was an NCAA runnerup at Arizona State as a collegian.

The 149.5 bout will feature the 1989 world champ Boris Budaev of the Soviet Union against American world team member

John Giura of New York, NY. Budaev, a former Soviet National champ and European champ, has a wealth of international experience. The men split a pair of matches in 1989, each winning a bout on their home soil.

At 163, America's world and Olympic champ Kenny Monday of Stillwater, Oklahoma, will face the tough Nasyr Gadzhikanov of the Soviet Union. Gadzhikanov, the 1989 European champ and former Espoir World champ, is one of the young Soviet stars. Monday most recently defeated Gadzhikanov in a dual meet in Arizona last December.

At 180.5 pounds will be a rematch from the 1989 World finals. World champion Elmadié Jabraylov of the Soviet Union will take on American world silver medalist Melvin Douglas of Minneapolis, Minnesota. Jabraylov edged Douglas 4-3 in a heated match in the finals of the world championships in September.

The 198 bout will also feature a world championship finals rematch. Soviet superstar Makhbarbek Khadartsev of the Soviet Union faced Jim Scherr of Colorado Springs, Colorado. Prior to 1989, Khadartsev had never been beaten in major competition, but lost a dramatic 5-3 match to Scherr in the World Cup. He came back to beat Scherr 3-0 in the world championships. Khadartsev is a three-time world champ and the 1988 Olympic gold medalist.

At 220, 1989 World champ Akhmed Atavov of the Soviet Union will face world silver medalist Bill Scherr of Bloomington, Indiana. Atavov beat Scherr in the world finals 8-5. Atavov was second in the 1987 World Cup. Scherr won the 1985 world title at 198 pounds, and has earned an Olympic bronze medal and two world silver medals.

Prior to the event, a free clinic will be given by Dan Gable, the 1972 Olympic champ and two-time Olympic coach. Gable is considered one of the greatest wrestler and coaches of all time. He won a record nine straight NCAA titles as coach at the University of Iowa. All ticket holders will be admitted free to Gable's popular clinic.

Wrestling officials are hoping to shatter attendance records, by selling out the 17,000 seat Civic Arena. Pennsylvania is known as one of the major hotbeds of wrestling, and Pittsburgh is also near to wrestling-crazy Ohio and a growing West Virginia.

The event will be broadcast by Turner Broadcasting (TBS) on their US Olympic Gold; A TBS Sports Exclusive show on a tape delayed basis.

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John Penhollow Top Ranked

State Runner-up makes no Apology for Lackluster Performance versus Mariano; Looks for State Title of His Own

About a year ago, boxer Michael Spinks was destroyed in a match against Mike Tyson. Spinks was so outclassed, he lasted only 91 seconds. Afterwards, ignorant sports fans around the world berated Spinks as being a bum-of-the-month.

What really happened in that ring was a great boxer succumbing to a super-great

boxer. Spinks was a 1976 Olympic Champ. He then turned pro, and beat everyone he ever fought. While only a light-heavyweight, he beat up the world's best fighters - Dwight Quawi, Marvin Johnson, Gerry Cooney, Larry Holmes, and many others. By no stretch of the imagination was he a bum.

However, every once in a while, a guy like Tyson comes along, so physically superior to everyone else, that he makes great opponents look like third-grade slapboxers. Just like Michael Jordan. When Jordan scores 63 points in a playoff game against the Celtics, does that make Larry Bird a bum? Of course not.

And such is the case of Cassadaga Valley senior John Penhollow, last year's 177 pound state runner-up. Penhollow was admittedly destroyed by Comsewogue's Adam Mariano, 14-4. "Even before we wrestled, I knew what the outcome would be," says Penhollow. "My biggest fear was getting pinned. I didn't want to be his 38th pin victory of the season, especially not in the state finals. In the match, he killed me. He just ran in and did everything to me."

That doesn't make Penhollow a bum. He is, in fact, a great wrestler, as great, perhaps as any of the 1989 NYS Champs. As a junior last year, he went 35-0, with 25 pins, before running into Mariano. His three year record is 76-15; if he does as well next year, he will have over 110 wins. Not bad at all.

In Syracuse, he first pulled out a 1-0 first-round victory over Randy Conrad of Section 3. Next he beat Shane Smith of South Glens Falls, 5-2. His semifinals opponent was junior Mike Buccì of Red Hook. Buccì is a highly successful freestyler, and most fans expected to see Buccì in the finals against Mariano. However, a late Penhollow pancake dropped Buccì, 5-1.

If your only impression of John Penhollow is from the state finals, then you don't know him. The pressure of the situation got to him there. He was over-cautious and nervous. He wrestled not to get pinned. Instead, he got an Adam Mariano take-down clinic.

But no wrestler in the state would have done better, not even the heavyweights. For that matter, Mariano probably could have won a couple of state titles in any of the other 49 states as well. He's that good, and has been recognized as such. Last year, he was the ASICS Tiger "Wrestler of the Year", and many feel he has been the number one high schooler in the nation for the past two years, regardless of weight.

Comments Penhollow of the match, "He really earned his reputation. On his feet, he's unbelievable. I never saw anyone like him; he's the best I've ever wrestled by far."

No one Penhollow will face this season will be anything like Mariano; that's for sure. And without that obstacle, John would already have a state title.

Penhollow himself is a tireless wrestler. He relentlessly attacks with college-level single and double leg takedowns. While not afraid to trade escapes for takedowns, he is a tenacious rider. He uses leg-riding to wear down his opponent; then he goes for the pin. He's quick and strong. And despite being aggressive, he maintains control of himself. He's calm and deliberate. He's patient enough to wait for you to make an eventual mistake. Then he'll rip you in half.

John's older brother Steve was a two-time Section 6 Champ at 167 pounds. He then went on to a successful career at Clarion, where he had a two-year record of 67-25, placing in the top five of the rugged EWA tournament. John, however, wants to play football in college. So far, he is looking at Kent State, Edinboro, Lock Haven, and others. His interest is in Secondary Education.

So, at least for now, this season will be Penhollow's last chance to show New Yorkers how tough he really is. Section 6 fans already know about that. John is not bitter about having to face Mariano in the finals.

He's a realist; he knows his limits. And if he stays healthy, a NY State title is definitely within those limits. □



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Watkins Glen JV Tournament

January 6th event still has openings

The fourth annual Watkins Glen Junior Varsity Wrestling Tournament will be held this year on Saturday, January 6th, 1990. Head Coach Mike Watson has made this event a high-quality tournament, showcasing Central NY's finest pre-Varsity athletes.

So far the following schools have signed up: Athens, PA, Towanda, PA, Canastota, Corning, Fulton, Groton, Johnson City, Newark Valley, North Rose-Wolcott, Trumansburg, and Elmira Notre Dame. Other teams are welcome to join. For entry information, call Mike Watson at (607) 535-2671 (school) or (607) 535-6954 (home).

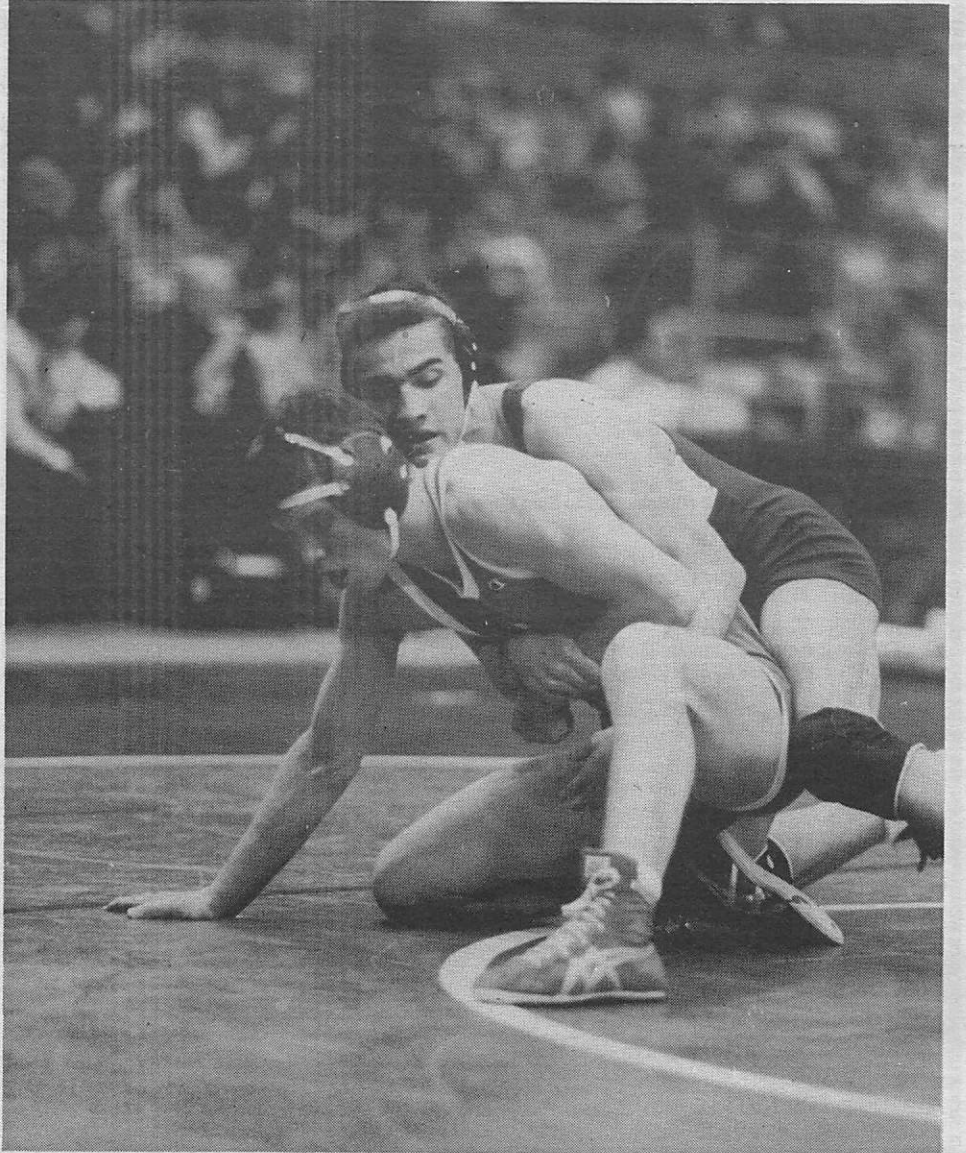
Entry fee is \$70.00 per team. Teams can enter as many wrestlers as you want, but only the top finisher per weight for each team scores. Team and individual trophies will be awarded, and each wrestler is guaranteed at least two matches.

It is entirely up to the high school coach to decide if his wrestler is a JV. Please note that this event counts toward the maximum number of tournaments a wrestler is allowed.

The weights will be 93, 100, 107, 114, 121, 128, 134, 140, 147, 157, 169, 179, 217, and 252. Weigh-ins are from 7:00 - 8:30 am, with wrestling starting at 9:45. Finals will start at 6:30 pm, and a concession stand will be serving light food throughout the day. To contact Mike Watson, write to: Watkins Glen High School, 12th Street, Watkins Glen, NY 14891. □



NY-USA Board Members: These are some of the NY-USA State Executive Board Members who assembled in Binghamton in September to plan for 1990 freestyle and Greco events. These are the volunteers who help organize the off-season competitions. For information, please refer to their addresses on the opposite page.



Bernard Valentin, Long Beach-8 in last year's states versus John Spiegelman of Suffern-1. This year Valentin is a senior, while Spiegelman is only a junior. Neither placed in the state tournament, but are both highly ranked in this issue's Pre-Season State Rankings. Photo by Peter Venier, Sports Action Photos.

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Send in your ranking cards on December 15th for December's issue!!!

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NY-USA Wrestling is the USA-Wrestling-chartered organization for the state of New York. NY-USA Wrestling is responsible for hosting hundreds of events each year involving thousands of people. Please feel free to contact these people should you have questions, or if you would like to join NY-USA Wrestling.

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NY USA Notes

Notes from NY-USA's Chairman,
Mike Smallidge

The annual NY-USA fall meeting was held this September in Binghamton. Among some of the highlights:

Mike Smallidge was elected NY USA Wrestling Chairman for the 1990 season.

The By-Laws and Constitution of the State were revised and accepted.

Two new positions on the State Board were created - State Coach and State Junior Director.

Formal guidelines were established for the State Teams' staff, including the selection process, responsibilities and duties for individuals taking a State Team.

New tournament sites and earlier dates for the Kids/Cadets and Junior/Open Championships.

Northeast Junior/Espoir Regional Championships will be held at SUNY Brockport in March 1990.

New York Wrestling News was approved as the official NY USA Wrestling Publication. Now all of NYS can receive information on events throughout the state. This magazine will include information and results for upcoming events. I plan on making our organization and wrestling more visible with NYWN. Please support this publication.

Next month's Notes From the Chairman will feature our State Constitution and By-Laws, as well as information on weight loss. □

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Why join USA Wrestling?

For those who don't know, USA Wrestling is the governing body for wrestling in the United States. Years ago it was known as the United States Wrestling Federation (USWF). As the official governing body, USA Wrestling is in charge of all wrestling outside of school-related events. In other words, USA Wrestling manages the freestyle and Greco Roman efforts of this country.

USA Wrestling offers a series of tournaments and meets for athletes of all age and skill levels with one goal in mind - to offer competitive and educational programs for young athletes. USA Wrestling events give athletes the chance to wrestle and continue improving their skills. Wrestlers from the Kids age-level through the Olympic caliber can work their way up from local tournaments through state, regional, national, and international competition.

USA Wrestling members can join chartered clubs near their homes. These clubs provide a place to wrestle, receive quality coaching and meet new friends. Many clubs travel to other clubs and events across the state and nation for training, competition, and social functions. New York State has over one hundred clubs. For club information, contact your section Chairman, Kids Director, or Junior Director. The addresses of these people are listed on

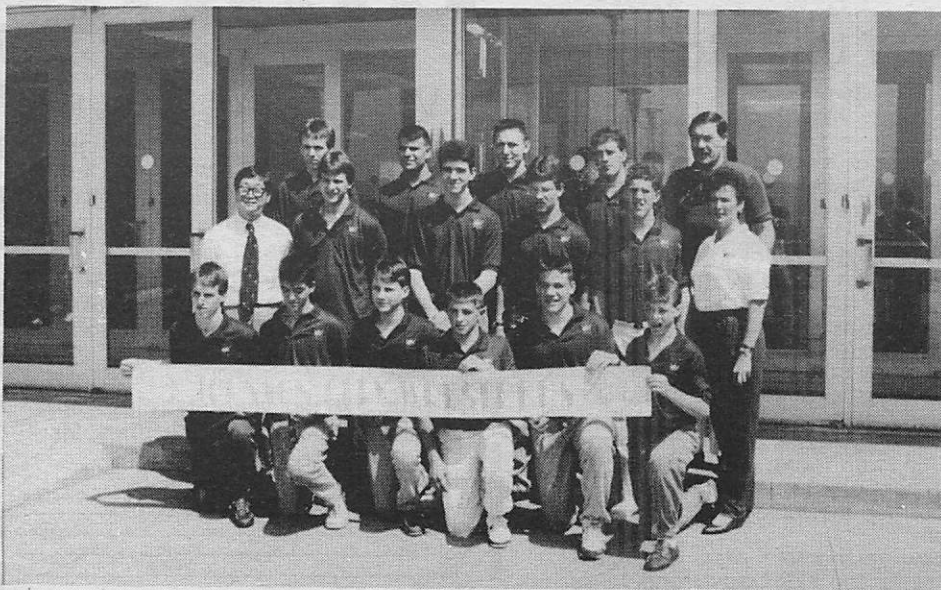
this page.

Cardholders receive among the best medical and liability insurance for athletes, coaches, and volunteers in the amateur sports world when involved in USA Wrestling sanctioned events, clubs, and practices.

USA Wrestling members receive a free subscription to the official newspaper of wrestling, USA Wrestler. This colorful publication keeps wrestlers up-to-date on what is happening in wrestling everywhere. It includes results of all the major events, with profiles on the exciting stars of the sport. Training advice, feature columns, interviews, and action photos are in every issue.

Members of USA Wrestling also participate in international exchange programs, camps and clinics, and fund raising. They also enjoy discounts on wrestling gear and colorful apparel through the organization's service-oriented merchandise department. Discounts on other products and services are also available.

USA Wrestling also provides for adult involvement. One way is to join as a coach, and work with young competitors. Some people join as mat or pairing officials, becoming members of the US Wrestling Officials Association (USWOA). Many other volunteers join as General Members and play major parts in helping make events and activities more successful. For more information on USA Wrestling, contact New York Chairman, Mike Smallidge, at (716) 247-7782. Or contact your sectional representatives. □



Johnson City contingent who traveled to USSR this summer. Front L-R: K Smith, R Matteson, J Toner, P Bruce, B Alexander, T Secoolish. Second Row L-R: Dr. Kim, M Sents, J Fordham, M Sorochinsky, D Colgan, S Stanbro. Third Row: Kopalek, T Haven, JJ Stanbro, Tim Colgan, J Stanbro

Johnson City Wrestlers Visit USSR

June 26 - July 9, 1989

Moscow is a city, like most cities, but unlike most cities. It has crowded sidewalks, buses, streetcars, big old buildings, potholes, statues, construction, memorials, and many, many apartment buildings for as far as you can see. It doesn't have neat, clean, well-kept lawns. It doesn't have smiling faces. It doesn't have eager people trying to do their best. It doesn't have private dwellings or very many privately owned autos. Its color is generally dull and drab.

The people we met were friendly and nice once we were able to show them we had good intentions. Their lifestyle is considerable different from ours. It appears to be 25-30 years behind our lifestyle, or could be compared to our "hard times".

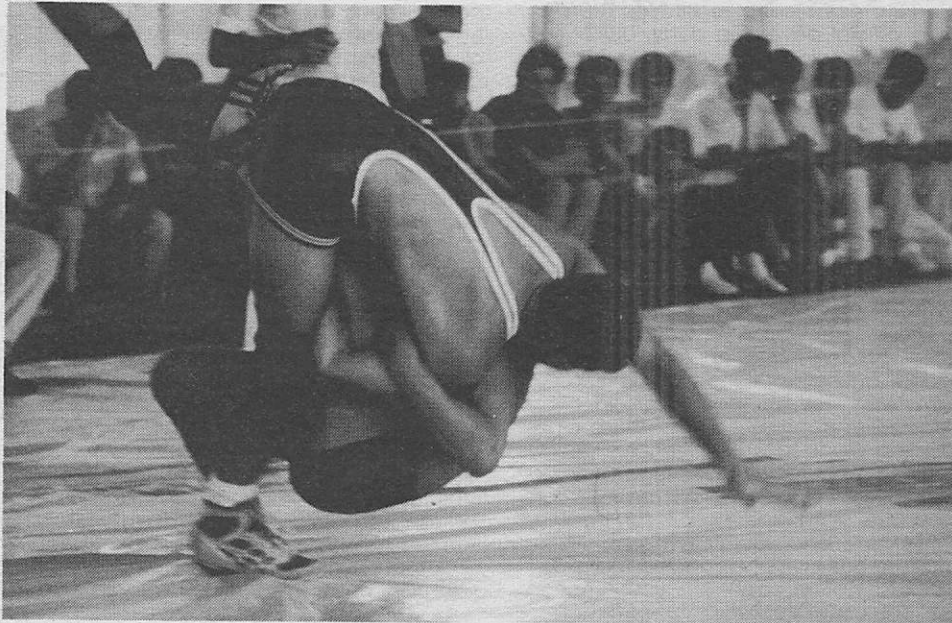
The younger people made attempts to dress in style. The older generations looked

like the cast on "The Walton's", wearing styles long forgotten.

We found many situations and experiences that were difficult to accept being all that was available. Since doing a good job gains nothing for an individual, it didn't matter to them if things weren't done. Incentive was lacking, and pride was non-existent. This often created the "hurry up and wait" situation.

The accommodations were very good in Moscow. We stayed at the Sport Hotel where many athletes from many countries were housed. The most difficult adjustment for our boys was the food. We found it to be plentiful, but bland and repetitious. We often were served the same things: bread, cheese, salami, caviar or sardines and sour milk or buttermilk. It was interesting that we were served a great deal of beef, sometimes three times a day!

The dessert was always ice cream while we were in Moscow. Our stay in Minsk was slightly different. Although the food in general seemed better, the dessert was a thick liquid drink made from fruit. In most cases,



JC's Pat Bruce (on top, but not for long!), finds out a single ain't what it used to be!!!

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it was left untouched.

Training and competing with the Soviet athletes was interesting, educational, and fun. We were pleased that they would share their knowledge with our team, at least some of it. In Moscow, the atmosphere was warm and friendly. Our boys competed against boys with comparable skills. We were able to win 4 - 5 bouts in a match of 11 - 12 bouts. The Soviet coaches were impressed that we traveled with boys from only one village, since their team covers a much larger territory. The time spent in Minsk at the Olympic Village was business-like and less friendly. They were selecting two national teams, one for the Jr World Championships and another for the European Jr Championships. To do this, they gathered the ten best wrestlers in each weight to compete for the positions. The coaches shared only certain things and remained secretive concerning other aspects of their techniques. At the same time, they were extremely observant and inquisitive when our boys were successful. Our boys won fewer bouts here since they felt it was necessary to win an any cost.

We were blessed with the opportunity to have Dr. Kyung Kim be a part of our group. We appreciated having his medical expertise readily available; but he also had a positive influence on each individual of the group. It was reassuring when we met other teams, including American teams who needed the reassurance of our American doctor! We dealt with minor aches and pains, appendicitis, five cases of severe abdominal infections, a fractured arm, frantic adults, and he managed to get us breakfast when the hotel refused to serve us on our last day in Moscow! He was a source of comfort, information, enthusiasm, humour, and pride. We were proud to have him be our Dr. Kim.

Shopping for gifts and souvenirs in their stores was an experience. If you found something of interest, it wasn't long before a crowd gathered, or in most cases, you were pushed aside by others trying to see. It became frustrating when it occurred repeatedly. All in all, the stores had very little to offer, with no comparison to ours.

The educational value of this trip will never be forgotten; nor will the feelings of compassion for the Soviet citizen in their struggle to exist. The wrestlers from Johnson City came home with a new respect and appreciation for the USA, pizza, MacDonalds, individuality, private enterprise, being on time, public rest rooms and being able to make choices and decisions. □

- Jack Stanbro

State Rankings, continued

pressively, winning a 17-3 match over Craig Conant, Tully-3, who is second ranked at 91 pounds.

Senior Doug Shafer of Waverly-4 was a state champ at 105 pounds in 1988. Last year, he lost a close decision to eventual champ Andy Antonucci (Hilton-5) in the semis, then wound up in fourth. Shaffer is second ranked at 119 pounds. However, should he or Bouzakis change weights, he would move to the number one spot.

As this is a pre-season rankings, there will surely be adjustments once competition starts. Wrestlers are ranked at the certified weights stated by coaches in the ranking cards. If the coach has not turned in a ranking card, we kept the wrestlers at the weight class they were at last year. If you know of someone who deserves state recognition, please send in a ranking card. Also attach any additional information, such as victories over ranked wrestlers and tournaments won.

Ken Wojehowski, Cornwall-9, took a fourth last year at 98. This year, he starts his junior year top ranked at the same weight. Juan Carlos Garcia, who gave Frank Fronhofer a difficult time in last year's finals, is top ranked at 105. Garcia is the only person who was able to score on Fronhofer in last year's tournament. He is from Sleepy Hollow-1, and is only a junior.

Keith Strychalski, Pat-Med-11, takes the nod at 112. He failed to place last year, but swept both styles in the Empire State Games over the summer. No placers from 112 will be at this weight this year.

Walton senior Brandon MacNaught is tops at 126 pounds. He placed fourth last year at the same weight, and added a lot of summer wrestling. He may have a tough time making the weight, however, and may wrestle a weight or two up.

At 132, Tom Shifflet, Sweet Home-6, is a strong favorite. He was second last year to John Bena (Niskayuna-2) based on a shocking first period fall. He's been very active over the off-season, and looks ready to take first place.

Niagara Falls 138 pounder Kareem Johnson failed to place in last year's tournament. However, he was just a sophomore, and all top six places went to seniors. Thus, Johnson moves up to top position. In addition, he had a very successful summer season, which includes a win over Shifflet in the Empire Games.

Steve Taylor, Brockport-5, surprised a lot of people in taking a strong third place at 145 pounds. He also did a lot of summer competing, and is tops at 145.

Mike DeLisle, a senior from Saranac-7, is on top at 167. He failed to place in last year's state tournament, losing to two placers. As top returner from the non-placers, he gets the nod over 155 pound fourth placer Dion Visconti, of Chaminade, a Catholic school.

John Penhollow, 177 pounds, Cassadaga Valley-2, was second to Adam Mariano last year. As top placer from last year, he grabs first place. In addition to his runner-up medal, John was 35-1 last year.

Kevin Brinkwoth, junior from St Joe's in Amherst, is the top returner at 215 pounds. He added a ton of experience this summer, and has a strong lock on first.

At 250, all top placers have graduated. Sean Carden, Vestal-4, gets the top ranking based on winning one more match at the states than did Cary Huggard, Freeport-8. Huggard is second, followed by four extremely tough wrestlers. This class looks to be especially competitive and exciting this year.

Editor's note: The purpose of these rankings is entertainment only. They are not meant to be a prediction of future events. Based on past results, this is where we would rank the returning wrestlers. We used the information available to us to the best of our ability. If you know of someone who deserves state recognition, please have his coach send in a ranking card. Ranking cards will also be accepted from athletic directors, booster club members, and other parties. All information on the ranking card must be filled in, including wrestler address and phone information.

Special thanks to those who helped, especially Mike Smallidge, Bob Raines, Tom Shiel, Ken Colao, Brad Hamer, Frank Nucaro, and Elaine Krum. To be a part of our ranking committee, please contact Mike Morone at (716) 334-6454, evenings.

State Rankings!

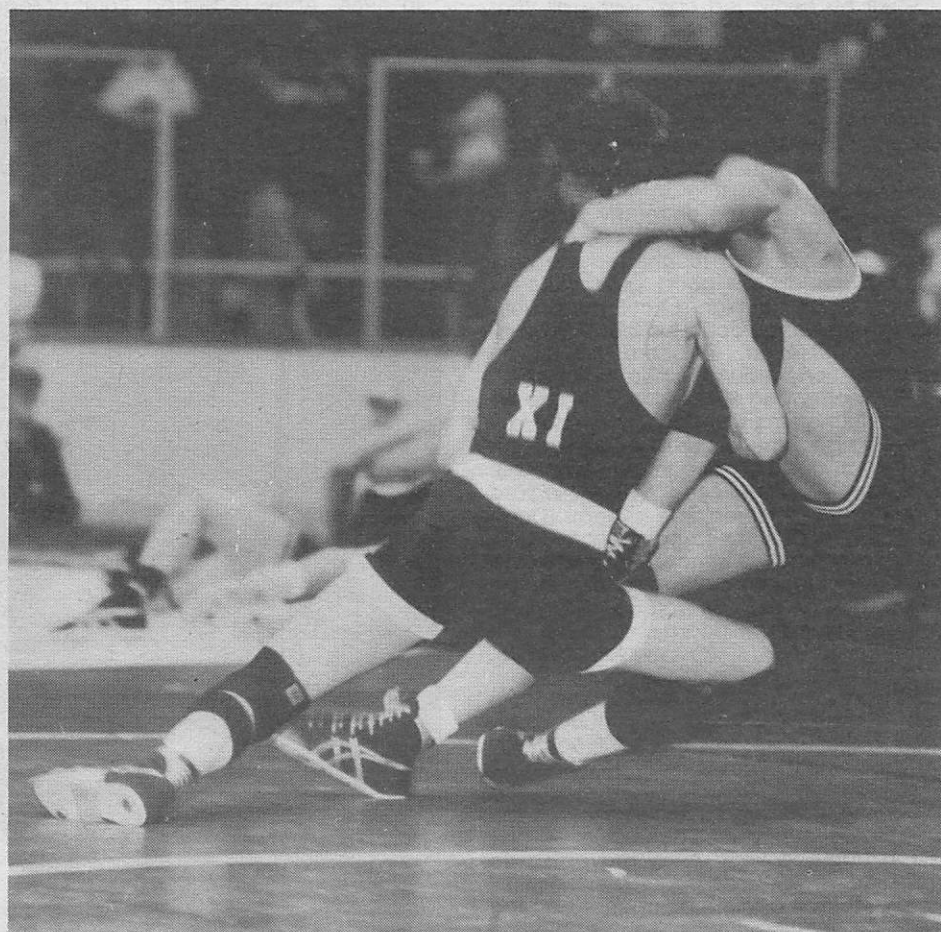
Wrestlers, make sure your coach submits a ranking card for you - page 21. We need this information on December 15th to consider you for December's issue.

Several college wrestling coaches across the country subscribe to New York Wrestling News. If you are among our Top Ten, or in the Honorable Mention section, they will become more aware of you.

Make sure your card is sent on December 15th. This will allow your coach to include any early season duals or tournaments on this card.

Each month after that, make sure your coach sends us updated information, so we can take your most recent accomplishments into consideration.

Remember to remind your coach! Very often, he is so busy, he will forget. It's up to you to make sure he sends in ranking information.



Section 4's Doug Shaffer, Waverly, getting taken down by Dan Diamond of Kings Park, Section 11. Shaffer was a 1988 state champ, but last year dropped to fourth place based on two very close decisions. Shaffer is now a senior shooting for his second state crown. Photo by Peter Venier, Sports Action Photos.

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Seras, continued

For the second year in a row, he is the top-ranked 149.5 pound Greco Roman wrestler in the United States. He placed ninth in the Olympics last year, and this year won the US Open, and earned the "Most Outstanding Wrestler" award. Two months ago, he placed ninth in the World Championships. And late this month, he'll be competing in the World Cup in Norway.

Seras started wrestling in 1973 in a Pee Wee program started by Niskayuna High School Coach Joe Bena. Later, as a freshman, he began excelling, going 23-2. As a sophomore at Niskayuna, he placed second in the Class A Sectionals, as well as three other runner-up places in tournaments. His record was 26-6. The next year saw some improvements, with Andy placing third in Section 2, and going 29-5.

As a senior, Seras was undefeated until he reached the state tournament at 126 pounds. There, he lost an overtime decision to eventual runner-up Mark Short-sleeve of Fulton. After a couple of wrestle-back wins, he lost to Pat Hughes of Lakeland, 3-2. Andy would up in fourth. The title went to two-time champ Clar Anderson, who later went on to win a Division I NCAA title. Short-sleeve went on to win a Division III NCAA title, with Hughes taking second in Division II.

Despite a stellar high school career (35-2 for the year; 113-15 career), his Niskayuna teammate, Tim Abigail, grabbed most of the spotlight, winning the state title at 132 pounds. Says Andy, "I felt a little cheated back then at the states. My weight was stacked with talent, and his weight was wide open."

But he continued competing all year round. In the off-season, he worked out with the Adirondack Three-Style Wrestling Association (ATWA), a club headed by US Olympic Greco Roman coach, Joe DeMeo. DeMeo is also the head coach at SUNY Albany. Under DeMeo, Andy began improving his international techniques - freestyle and Greco Roman.

"Joe is the main reason for my success. Joe has taught me a lot," says Seras. "The talent at ATWA also toughened me up. There were always good guys there to work out with. In high school, there were plenty of guys you could just beat up on all day without effort. But here, there is always someone around to beat up on you."

Seras attended SUNY Albany, where he could further train under DeMeo's eye. There he became a four-time SUNY Athletic Champ (the only one in over 20 years), four-time All American, NYS Collegiate Champ, and three-time Great Dane Champ. His dual meet record was 64-0-2. As a freshman, he shocked the wrestling world by placing a close second in the Division III NCAA's at 134 pounds. For his efforts he earned a wildcard entry to the Division I NCAA's. An injury, however, prevented him from participating.

Ironically, as freshmen, Abigail and Seras met in the SUNY Conference tournament, with Abigail representing SUNY Brockport. An extremely competitive Seras came away with the win, then went on to first place. Abigail eventually retired from the sport to concentrate on his studies.

The following year, Andy moved up to 142 pounds, where he again won the SUNY title, and took a fourth place medal in the NCAA's. By this time, he was also placing well in international styles - freestyle and Greco. However, he began noticing a discouraging trend among wrestlers who split

time between both styles - they often wind up in second place in both styles. With this in mind, and based on some impressive confidence-building Greco wins, Andy decided to specialize in Greco Roman.

"It's a more precise sport than freestyle," says Andy. "In freestyle, you can attack anywhere using your whole body. Often, freestyle matches are scrappy and sloppy, with arms and legs flying all over the place. You can make mistakes and scramble out of them. In Greco, however, you have a limited area to work with. You have to be great on offense and defense. You have to be more precise and exact. That's why I like it so much."

The nationally prominent Great Plains tournament of 1983 was Seras' last freestyle appearance. There, he took a very impressive third place, beating All American Bill Nugent, NCAA Division I Runner-up Al Freeman, and two-time Division II Champ Mark Kristoff. Despite his fine showing, he felt that specializing in Greco would maximize his potential for success.

A wise choice, considering his style and physique alone. Short and muscular, he is extremely difficult to control and score on. His powerful torso facilitates Greco control techniques. In matches, he remains forever patient, never wasting any motion, and making each movement work for him. He has the confidence and poise achieved through countless wrestling situations.

As a junior, Seras was NCAA runner-up once again. Again, based on his impressive finals performance, he earned a wild card entry into the Division I National's. There, he went 1-1, weakened by mono.

In 1984, Andy redshirted from college competition to concentrate on making the Olympic Greco Roman team. That year,

he won the AAU National Greco Roman title. He took a second at the US Open, then won the US Olympic Trials. All he had to do was win a two-out-of-three match series against Jim Martinez, a familiar foe.

Seras and Martinez had wrestled each other over twenty times. And while Martinez owned a better won-loss record, Andy did have quite a few wins sandwiched in among those twenty matches. At the final Olympic wrestle-offs, Seras grabbed the first match 1-0. Martinez then evened the series with a 2-0 victory. In the deciding match, Andy was up 1-0 with about a minute remaining. An apparent bad call by the referee scored two points for Martinez, giving him the match, 2-1. It should have been a point for Seras, giving him a 2-0 win.

Seras filed a protest concerning the call. The whole thing went through arbitration, and eventually his protest was upheld. However, instead of re-scoring the situation, another match was ordered. Martinez then grabbed the Olympic spot with a 2-1 victory. He later won a bronze medal in the Los Angeles Olympics.

Returning to Albany the following year, Seras buzzed through his competition - "I had a pretty easy senior year - I felt much better than anyone I wrestled." He won yet another SUNY title at 150. For the Division III's, he decided to move up to 158. He stormed through the tournament, taking first place without giving up a single point.

His bad luck in the Division I Nationals again haunted him, as he obtained a poor bracket position. He lost a wild 13-9 match to Iowa State's Dave Ewing. Ewing then lost to Marty Kissler of Iowa. Kissler went on to first place and MOW honors; Kissler went on to third place; Seras went home.

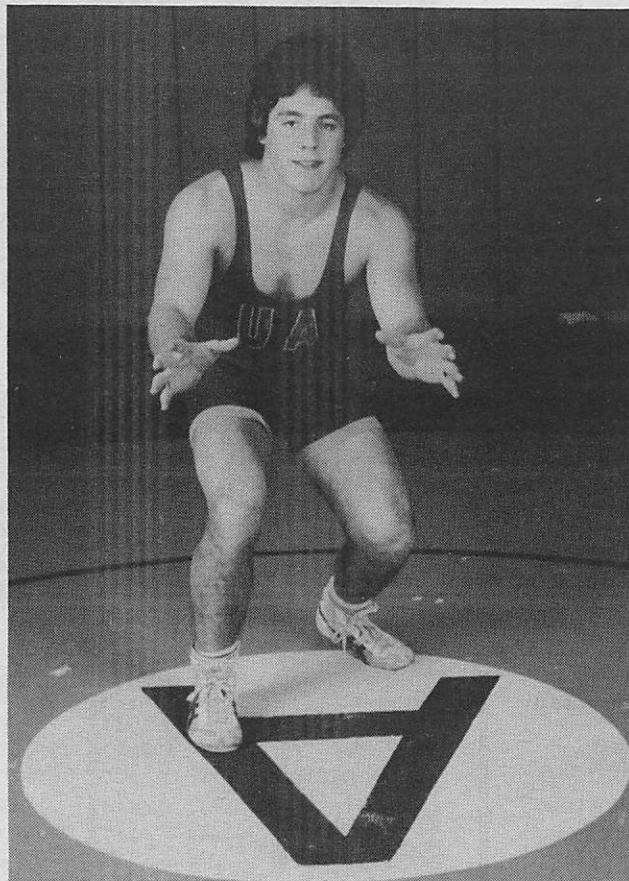
During 1985, 86, and 87, Andy slid a bit on

his training. Despite this, in 1985, he won the AAU Nationals at 163 pounds for the second time. He also earned seconds in three top tournaments - the US Open, the US Olympic Festival, and the Concord International.

In 1986, Andy was outstanding wrestler in the AAU Nationals - his third AAU crown in a row. Then, he took silver medals in the US Open, the Concord International, and the World Cup. He was the Pam Am Games' bronze medalist as well.

In 1987, Andy won more silver medals - US Open, Concord International, US Olympic Festival, and the World Cup. As the Olympic year drew nearer, Seras stepped up his training habits. He trained harder and with more intensity. He took a strong third at the Granma Tournament in Cuba, then another silver at the US Open. For the Olympic Trials, though, he was extremely sick and did not participate.

continued on page 13



Andy Seras, former Niskayuna-2 and SUNY Albany star, is now the nation's top-ranked 149.5 pound Greco Roman wrestler. He is also perhaps the most dominant Greco competitor, regardless of weight. In late November, Seras will be competing in Norway at the World Cup Championship.

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Brinkworth, Hall continued

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This summer, two New Yorkers won world titles at the Cadet World Championships held in Warrensburg, MO on August 12th. And guess what, neither of them seem like ego-maniacs, or even bullies. **Nick Hall**, 182.5 pounds, fresh off his Cadet National title, captured first place in the World Cadet Championships by virtue of a 4-0 shut-out of his opponent from Greece. And **Kevin Brinkworth**, 209 pounds, coming off his Cadet National third place, came out on top to claim a gold medal in Greco.

Nick Hall was impressing a lot of people before he even wrestled a match at the Cadet Nationals. At the training camp, he motored through three and four hour workouts. Then he'd run three or four miles each day before retiring to bed by 9:00 each night. Earlier that summer, he took a sixth place at the ASICS Junior Nationals, and last year he took a third at the Cadet Nationals. This year, he went out there looking to win. "He was all business," says Mike Picozzi, Hall's high school coach at Longwood. Says Hall, "I knew I would win if I stayed positive and believed that I could."

At the nationals, Hall won nine matches before edging Les Gutches of Oregon, 4-1 in the final. Prior to that, Gutches took the Junior National title, as well as the Cadet Greco title. And before he faced off against Hall, he had beaten all comers in freestyle easily. Hall's victories looked like this: pin :49, pin 1:21, pin 3:25, technical fall, 15-6, 4-2, pin 1:29, 7-0, and 4-1.

So after his shocking Cadet National title, Hall was extremely confident going into the world championship. There, he won his first match 16-0, then pinned his next opponent. In the final matches, Gutches was taken apart by the Hungarian wrestler. He in turn lost a 7-6 match to the wrestler from Greece. Then, Hall took it to him, 4-0. Says Picozzi, "That match was real gut wrestling - lunch bucket, hard hat wrestling."

Nick, now only a junior, has the state title as his agenda. "This is my year. I want to win everything, including the state title," says Hall. He's been on the varsity since eighth grade, and has experience beyond

his 16 years. He's wrestled all the top dogs in Section 11, including The Big Guy, Adam Marano. The last time they wrestled, however was when Hall was a freshman. Marano proved too much then, manhandling Nick in the finals of the County tournament on his way to a state title. But then, Marano manhandled everyone - nationwide!

Says Hall of that match, "I met up with him too early in my career. He had the body of a man, and I was only in ninth grade. I hope to wrestle him again in college. Then it'll be man versus man."

Last season, Hall capped off a fine season with a third place in the Suffolk County Tournament, losing only 5-4 to Dean Morrison, a senior who went on to place third in the states. Hall was nursing a painful groin injury. Since then, he's faced Morrison again - not in a match, but in a summer practice. Nick beat him up in freestyle.

According to Hall, one of his secrets is his positive attitude. While not being arrogant, he is confident. "I work hard, and keep telling myself that I can win - and I do. But I don't take anyone lightly. I go straight in

there against everyone I face." He wants to go to Arizona because he likes the school, the wrestling program, and the sun. "It's a good school. The academics are good, but not out of reach. I think I belong there."

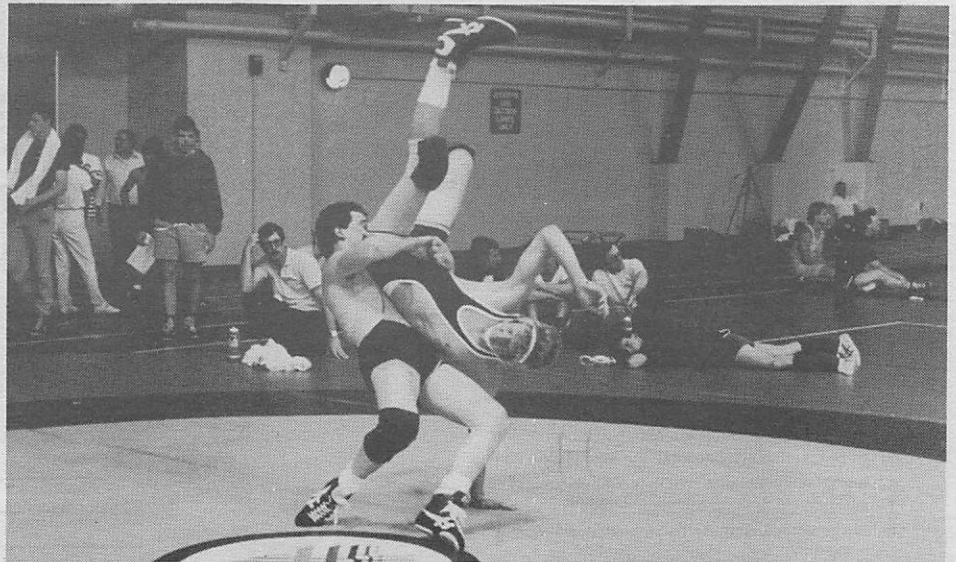
As a freshman, Hall went 28-2, both losses coming against Mariano. Last year, he had 29 wins against the one loss to Morrison. Says Coach Picozzi, "Nick is a pleasure to coach. He's a great kid who's very coachable. He puts in full-time efforts, and I'm expecting some great things from him." With super-tough practice room workout partners like Brian Barnes, Kerry McCoy, and Sammy Williams, Nick will certainly be pushed hard. Look for him to be in Syracuse in March.

Kevin Brinkworth, 209 pounds, is a junior at St Joe's high school in Amherst, NY, outside of Buffalo. St Joe's is a Catholic males only school with an enrollment of 800 students. And while not a traditional powerhouse, Kevin Brinkworth is putting it on the map. Last season, he won the Catholic State title, then added a fifth place in the NY State Championships. He is the highest returning placewinner, will start the season top-ranked.

Kevin, who plans on playing football in college, took a third place in the Cadet Nationals. A few weeks later, however, he peaked at the World Championships and won a gold medal in Greco Roman. He had two matches in that tournament, a 3-2 overtime win over the Italian wrestler, and a fall against the representative from Israel.

"I'd seen films of past World Championships. There aren't many countries that are as good as we are at that level. I knew if I wrestled well, no one would beat me," says an excited Brinkworth. "But I was very nervous before my matches. In fact, when I watch films of the matches, I can't even remember doing those moves. It was a pure pressure situation, and I just reacted."

Brinkworth was undefeated last season until the state tournament. When not playing football - and he's even better in football than he is in wrestling, if you can believe that - Kevin is wrestling, year-round. Of the coming year, he says, "Knock on wood, I want to take it all the way this year. I think I can win the states." Brinkworth has nearly ten years of experience already. With his aggressive style and superior technique, he will start the season top ranked. □



Longwood-11 star Nick Hall, only a junior, scoring points in the 1989 World Cadet Championships. Nick won a gold medal in freestyle, and is now shooting for a New York State title. So far in high school, his only losses have been to two-time NYS Champ Adam Marano and 1989 third place finisher, Dean Morrison.

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A PROFILE OF CARL ADAMS

HEAD WRESTLING COACH at BOSTON UNIVERSITY

- 4-time National Champion
- 2-time NCAA Champion
- 2-time National Freestyle Champion
- Member of three world teams
 - Pan Am Team
 - World Team
 - World Cup Team
- 3-time Midlands Champion
- Voted middleweight of the decade by National Mat News
- Member of 3 NCAA Championship teams at Iowa State-2-year captain

COACHING RECORD

- Coached wrestlers who won 7 NCAA titles and 38 All American honors at Iowa State
- Iowa State Won 2 NCAA titles and placed in the top 4 on four occasions during Carl's coaching tenure.
- Carl's teams at Rhode Island and Boston University were undefeated in Division I Conference Dual Meet Competition for 8 years
- His Division I Conference coaching record now stands at 45-2.
- As Head Coach, his teams have won 7 Division I Conference Titles in 9 years.
- In his 9 years as head coach, 32 of his wrestlers have won individual conference championships and have qualified for the Division I NCAA tournament.

COACHING HONORS

- Amateur Wrestling News National Rookie College Coach of the Year 1979
- Voted Conference Coach of the Year three times
- National Wrestling Coaches Association Executive Committee 1972-88
- 1985 and 1987 College World Team Coach

CONTRIBUTIONS TO WRESTLING

- Inventor of the Wrestling Takedown Machine
- Author of two books on wrestling techniques
- Has presented over 250 clinics nation wide
- Has published over 25 articles on wrestling philosophy and techniques
- Over 8,000 wrestlers from 20 different states have benefited from his New England Wrestling School over the past 8 years

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Based on his past performances, he was granted an invitation to the final Olympic wrestle-offs. There, he won a mini-tournament consisting of himself, the sixth, fifth, and fourth placers at the Olympic Trials, and another invitee. That invitee happened to be Jim Martinez. Seras this time beat him, as well as all the others. Next he brutalized the top two placewinners to claim his Olympic spot.

At the Olympics, he first won by technical falls over wrestlers from Peru and Austria. Next he lost a 9-2 match to the Russian, who went on to win the gold medal. In his last match, Seras and his Swedish foe, a former world placewinner, were both cautioned out, thus eliminating him from the tournament. He would up in ninth place. Overall, Seras has wrestled the Russian World Champ five times, losing 4-3 OT, 3-1, 5-1, 9-2, and most recently, 2-1.

Says Coach DeMeo of Seras, "When I first saw him, he was a short strong 105 pound sophomore. He was up against a top-ranked senior, and it was a real battle. I was very impressed with his ability to fight. I recruited him for our club right away. Now he's one of the greatest NY wrestlers of all time. He's earned it, too. He was willing to come to lots and lots of practices, and go to all the tournaments, all over the world."

Right now, Seras is perhaps the most dominant Greco wrestler in the United States, *regardless of weight*. "Look at all the finals matches in the Nationals - they're all one and two point squeakers," says DeMeo. "Now look at Andy's finals matches - he wins by pin, disqualification, or by 12 point superior decisions. He's clearly above every other guy around."

Indeed, at this year's US Open Greco Championships, the first four weight class finals matches went like this: 1-0, 1-0, 4-3, and an overtime disqualification. Then Seras drilled Wayland Massey of the Marines 13-0. Keep in mind a 13-0 win at that level is like a 40-0 win at any other level. And Seras just about owns Massey, the number-two ranked 149.5 pounder in the country. His last five matches versus Massey have gone like this: 13-0, 8-1, 13-0, 6-0, and 4-0.

Back to the US Open - Seras planted his first four opponents - many of them off the first throw. He next shut down Craig Pollard of the Marines, 8-0, before his finals clinic. And Pollard is the number-three guy in the country. But he's miles behind Seras, with something like an 0-13 lifetime record against Andy. In all, Seras had six wins, four of them by fall and the other two by shut-out. See what Joe DeMeo is talking about?

More from DeMeo: "Andy has proven he can go with anyone in the world. He just placed ninth in the World Championships, nursing a painful elbow injury. And he's had a lot of bad luck with injuries. I fully expect him to win a medal in the next Olympics. He just needs a little racing luck. Not a lot of luck, just a little."

"I've been saying for a long time that I'm the best guy. I've finally proven it," said Andy after his US Open victory. After taking second in the US Open for five straight years, he's got a right to brag a little. And now that he's on top, that's exactly where he plans on staying. At age 26, he still has a few more good years left. "I like being number one a whole lot better than being number two," he says.

And with USA Wrestling's national team concept, Andy has been able to make wrestling his livelihood. He's not making a

ton of money, but he is surviving. And should he win an Olympic gold medal, the potential for better earnings is very good.

As for 1992, Seras feels that the three Americans with the best chance of taking an Olympic gold medal are Shawn Sheldon, Mike Foy, and of course, Andy Seras. While not attempting a prediction, let's just say he might want to brush up on a few Spanish phrases, like - *Que hora es*, *Buenos Noches*, and of course, *Soy el Mejor!* □

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Huntington's Giani Gearing Up Again

Huntington High School's legendary wrestling coach, Lou Giani, is ready to take to the mats for his twenty-second season of coaching varsity wrestling. Coach Giani has been the Blue Devil coach since the 1970-71 season, having coached for three prior years at Eastern Military Academy. He is employed at Huntington High School as a physical education teacher.

Coach Giani's overall record is an amazing 259-23-1 that gives him a winning percentage of 92%. At Huntington, Giani has produced ten undefeated teams and seven others with just one loss. He compiled a sixty-four consecutive dual meet winning streak, and is presently riding an eighteen meet win streak.

Giani has been named "Coach of the Year" a total of fifteen times, and in 1985, was named United States "Coach of the Year" by Wrestling USA Magazine. No other coach in New York can match Giani's total of fourteen state champions and twenty-five All-State wrestlers.

Coach Giani has won seventeen League Championships, five Section Eleven Championships, three New York State team titles, and following the discontinuation of the team championship at the state tournament, been ranked first in the final rankings on four occasions.

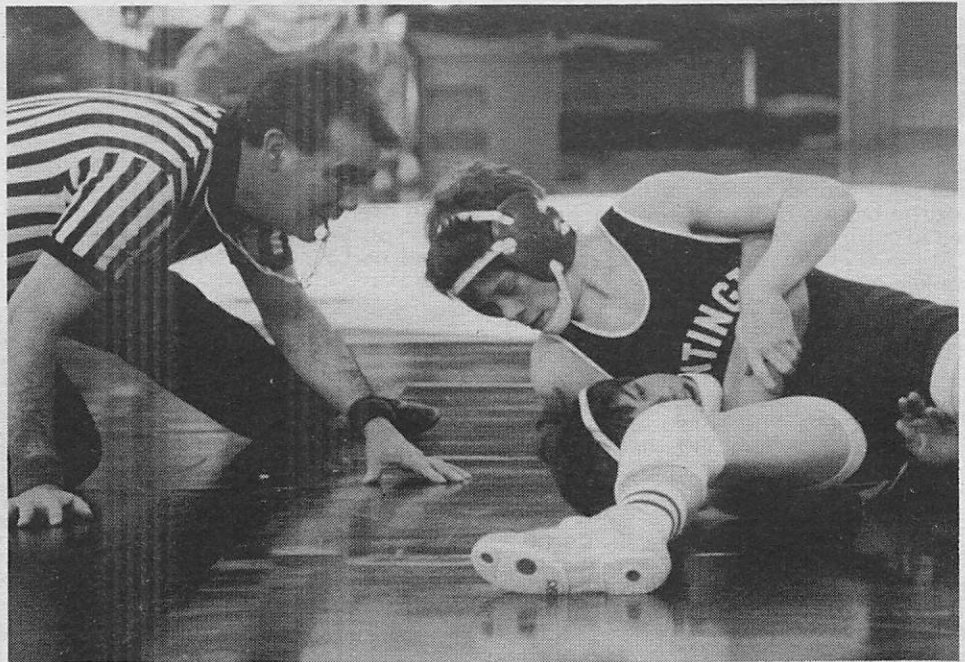
Under his guidance, a total of sixty-two Huntington wrestlers have won league titles, twenty-seven have won conference crowns, thirty-three have won Suffolk County championships, ninety-five wrestlers have earned All-County status, and fourteen wrestlers have won state championships. Fourteen have gone on to earn All-American status in college while five have won junior college national championships and eight have earned junior college All-American status.

Eleven of Giani's teams have been ranked in the top ten in the state by the New York State Sports Writer's Association with fourteen ranked in the top twenty out of the six hundred high schools with wrestling programs in the state.

Coach Giani is a 1953 Suffolk County champion from Huntington High School. He went on to win National Open Championships in freestyle and Greco-Roman. In 1959 he won a gold medal in the Pan Am Games and in 1960 won the United States Olympic National Tournament and represented America at 136.5 in the Rome Summer Olympics.

Prior to starting a teaching career in 1975, Giani was employed by the Grumman Aerospace Corporation for nineteen years and worked on the Apollo Lunar Program.

Coach Giani is a graduate of CW Post College (BS degree) and Adelphi University (MS degree). To add to his list of accolades, Suffolk County Executive Patrick Halpin declared March 3, 1989 as "Coach Lou Giani Day" in Suffolk County in recognition of the many varied accomplishments of Coach Giani. □



Travis Smith, top, is about to score a fall from this headlock. The Huntington wrestler achieved All-League status in his freshman year last season. He returns this season as do ten All-League Blue Devil wrestlers. Photo by Edith Marlow.

Huntington Looks Strong

Last year's Huntington Wrestling Team finished fourth in the Suffolk County Tournament and was ranked fifth out of nearly six hundred high schools in New York State by the State Sports Writers Association.

The new edition of the Blue Devils blends youth with experience to form a squad that Coach Lou Giani thinks will perform well. "We have a lot of experience in the lower and middle weights with some still untested people in the upper classes", commented Giani.

No other high school has produced more state champions than Huntington. Among numerous titles, the team has won three New York State Team Championships, in 1973, 1976, and 1980. Last season, the team was 13-0, running their undefeated streak to 18 dual meets. The team averaged 48 points per match, while allowing only 12.

This year's team includes Lance Allen and Kenny Johnson. Allen, 18-5, was a league runner-up and finished fourth in Suffolk County. In the offseason, he won the NYS Freestyle Championships and competed in the Junior Nationals. He also won a gold medal in the the Empire State Games freestyle tournament, then added a bronze in the ESG Greco competition. He will wrestle at 91 and 98 this season.

Kenny Johnson was third in the county last year also. He placed fourth in the state freestyle tournament and wrestled in the Junior Nationals. Johnson, like Allen, is a senior, and had a 22-9-1 record last year with eleven pins. He took a silver medal in the Empire State Games, freestyle and took sixth in the Greco tournament.

Other outstanding returnees include Rahsaan Johnson and Brett Henke. Johnson was 12-4 last season with six pins. He was a league champ. The year before last, he was league champ and fourth-placer in the Suffolk County tournament.

Henke was a league runner-up and had a 21-5 record with a team high thirteen pins last year. The senior is looking to attain All-County status this year while competing at 126 and 132 pounds.

Other lightweights include Brian Fischenich, ESG bronze medalist in Greco, and Travis Smith, fourth in the leagues. Middleweights are Ric DeLaCruz, third in the league and fifth in the Greco ESG's; Ray Fischenich, 17-8 last year; and Mike Denicola, David Schumacher, Thor Grenier, Matt Jergs, and Jim Levine. The big boys include Justin Wulforst, Anthony Medico, third in the leagues, and Matt Puskas, All-League at Heavyweight.

The coaching staff consists of Lou Giani, Sr, now in his 20th season with a record of 259-23-1. Joining him is Lou Giani, Jr, a county champ while competing for Huntington. Lou, Jr was also the first state champion crowned by Huntington when he won the state title at 155 pounds in 1973.

Also on the staff for the second year is Jim Hoops, who begins his tenth year of coaching in Suffolk County. Hoops was head coach at Holy Family where he won two Catholic School State Championships.

In three years as assistant coach at Walt Whitman, he helped build the Wildcats into a county and state power.

Huntington opens the season with a scrimmage against Sachem High School. On December 8th and 9th, the team host the annual Huntington Holiday Tournament, one of the state's top early-season competitions. □

High School Spotlight: Huntington-11

To submit a wrestler for rankings, please fill out a rankings card in full. Send to NYWN, 684 Calkins Rd, Rochester, NY 14623. Phone (716) 334-6454 evenings. Ranking cards must be submitted by a high school coach. Send them in by the 15th of each month!!

NYWN's New York State High School Top Ten Rankings November 1989 - Preseason

The basis for rankings are placewinings in state competitions, such as the state championships and Empire State Games. Other major competitions were also taken into effect. If you know someone who should be ranked, please remind his coach to submit a ranking card now!!!

	First	Second	Third	Fourth	Fifth	Sixth	Seventh	Eighth	Ninth	Tenth
91	Anthony Alberti, 12 Hendrik-Hudson-1	Craig Conant, 10 Tully-3	Mike Buonagurio, 12 Connetquot-11	Alex Croag, 10 Brighton-5	Jason Wartinger, 10 Cheektowaga-6	Mike Russell, 12 Deposit-4	Peter Smith, 10 St Anthony's-Cath	Tim Rigney, 10 Averill Park-2	Shawn Cummings, 9 Gouverneur-10	David Rabideau, 8 Beekmantown-7
98	Ken Wojehowski, 11 Cornwall-9	Larry Russell, 10 Deposit-4	Kory Reed, 11 Gouverneur-10	Tom Smith, 12 Tottenville-PSAL	Brett Gould, 10 Calhoun-8	Anthony Ginnocchio, 11 Suffern-1	Kevin Sequeira, 12 East Meadow-8	Dan Mahar, 10 Fulton-3	David Bracero, 12 Newfield-11	Roy Frey, 12 East Rochester
105	Juan Carlos Garcia, 11 Sleepy Hollow-1	Jeff Duque, 11 Valley Central-9	Craig Schilfstein, 11 Baldwin-8	Robert Donnino, 11 Chaminade-Cath	Oral Mason, 12 Truman, PSAL	Willy Dumas, 10 Franklin Academy-10	Craig Vitagliano, 11 Plainedge-8	Mike Jamison, 11 Fowler-3	Chris Matteotti, 11 Suffern-1	Bob Stetter Medford-11
112	Keith Strychalsky, 12 Patchogue-Medford-11	Winston Lee, 12 Stuyvesant-PSAL	Jim McNicholas, 12 Chaminade-Cath	Rob Bashaw, 10 Peru-7	David Hirsch, 11 Nyack-1	Bryant Ranger, 12 Midlakes-5	Justin Raines, 11 Spencerport-5	Heath Julian, 12 Fulton-3	David Iselbacher Patchogue-11	Rob Giannavola, 12 Gates Chili-5
119	Troy Bouzakis, 12 Pine Bush-9	Doug Shaffer, 12 Waverly-4	Lonnie Rivers, 12 Peru-7	Steve Felt, 12 Salamanca-6	Grant Swanson, 12 Peekskill-1	Greg Firenze, 12 Fulton-3	Travis Davis, 12 Queensbury-2	Joe Toner, 11 Johnson City-4	Rashaan Langford, 12 Clinton-PSAL	Kevin Villegas, 12 Farrell-Cath
126	Brandon MacNaught, 12 Walton-4	James Rial, 12 Peekskill-1	Jeff LaFlamme, 12 So Jefferson-3	Nelson Carpenter, 12 Herman DeKalb-10	Chad Sheldon, 12 Fulton-3	Nick Grimaldi, 11 Somers-1	Kent Maslin	David Brainerd Falconer-6	Shawn Edwards, 11 Peru-7	James Barbato, 12 Gates-Chili-5
132	Tom Shifflet, 12 Sweet Home-6	Scott Sullivan, 12 Waverly-4	Bernard Valentin, 12 Long Beach-8	John Spiegelman, 11 Suffern-1	Lonnie Johnson, 12 Truman, PSAL	Marc Geer, 12 Chittenango-4	Ed Leonard, 12 East Meadow, 8	Doug Smith, 12 Queensbury-2	David Colgan Johnson City-4	Demond Betts Huntington-11
138	Kareem Johnson, 11 Niagara Falls-6	Chris Terry, 12 Whitehall-2	Mike Quaglio, 10 John Jay-1	Mike Clayton, 12 Baldwinsville-3	Andy Duprey, 11 Peru-7	Matt McLennan, 12 Coming-4	Tom Foss, 12 Spencerport-5	Jamie Pellenz, 12 Liverpool-3	Jeff Prendergast, 12 Averill Park-2	Charleton Woody Middle Island-11
145	Steve Taylor, 12 Brockport-5	Mike Luick, 12 Niagara Wheatfield-6	Guy Peryea, 12 Beekmantown-7	Matt Sorochinski, 12 Union Endicott-4	Frank Trigg, 12 McQuaid-5	Rob Van Slyke, 12 Fort Plain-2	Mike Clayton Baldwinsville-3	Chad MacNaughton, 11 Queensbury-2	Adam Bell, 11 Ossining-1	Tim Gudoy Sachem-11
155	Seamus Lyman, 12 Watertown-3	Emilio Collins, 12 Tappan Zee-1	Chip Foster, 12 Guilderland-2	Terry Lucero, 5 Bloomfield-5	Matt Marciniak, 12 Watkins Glen-4	Brian Gray, 12 Wellsville-5	Fred Congdon, 12 Fort Plain-2	Ron Clinton Middletown-9	Scott Rowe, 12 Ossining-1	Israel Medina, 12 Freeport-8
167	Mike Delisle, 12 Saranac-7	Dion Visconti, 11 Chaminade-Cath	Joe Malchuski, 12 Bay Shore-11	Dan Majcher, 11 East Meadow-8	Mike Thompson Chenango Forks-4	Chick Valentin, 12 Beacon-1	Ron Boisclair, 12 Salem-2	Tony Pontante Fulton-3	Tony Valachovic Union Endicott-4	Mike Licata, 12 Spencerport-5
177	John Penhallow, 12 Cassadaga Valley-6	Mike Buccil, 12 Red Hook-9	Aaron Brown, 11 Farmingdale-8	Vondell Garner, 12 Truman, PSAL	Mike Drollette, 12 Saranac-7	Nick Hall, 11 Longwood-11	Todd Webb Baldwinsville-3	Stephen Thompson Setauket-11	Corey Comer, 12 Newark-5	Mike Urch, 12 Queensbury-2
215	Kevin Brinkworth, 11 St Joe's-Cath	William Crawford, 12 Wyandanch-11	Marty Schwab, 12 Falconer-6	Joe Vrendenburg, 11 Chenango Forks-4	Francis Brousseau, 12 Peru-7	Tyrone Davis, 12 Freeport-8	Brian Recesso, 12 Johnstown-2	Todd Schaffer, 11 Vestal-4	Steve Cronmiller Edison-5	Otha Davidson, 11 Brighton-5
250	Sean Carden, 12 Vestal-4	Cary Huggard, 12 Freeport-8	Percy Clarke, 12 Marcellus-3	Joe Yanis, 11 Minisink Valley-9	Jackson White Maine Endwell-4	Sean McLaughlin Babylon-11	Todd Haven Johnson City-4	Coletti Ossining-1	Shawn Brisco, 12 Saratoga-2	Pablo Rojas, 12 Newark-5

Honorable Mention (in no specific order): 91 - Lance Allen, Huntington-11; Todd Rutecki, Syracuse-3; Jeff Bowman, Penfield-5; Brett Adams, White Plains-1; Jason Conklin, Nanuet-1; Karl Rudd, Burnt Hills-2; John DeMoors, B'ville-3; Shawn Bready, ME-4
98 - Ted Secoolish, Johnson City-4; Joe Smallidge, Gates-Chili-5; Jeff Tufano, Port Jervis-9; Tom Ucellini, Tomarac-2; Tom Wilday, Schalmont-2; Sean Oppelt, PSAL; Mike Artis, Ossining-1; Ted Steingas, Newark-5
105 - Jason Chervak, ME-4; Chris Call, B'ville-3; William Dixon, Tonawanda-6; Marc Duquette, Tonawanda-6; Larry Fontaine, Queensbury-2; 112 - Chris Walsh, Greene-4; Anthony DeMalo, Edgemont-1; Isaac Garvin, SJ-3; Adam Rothman, Newfield-11; Alec Venditti, Liverpool-3; Mike Bendett, Niskayuna-2; Heath Julian, Fulton-3; Dave Stodard, Mt M-3; Bill Rigney, Averill Park-2; 119 - Bryan Roggie, Br-3; Chris DeJesus, Mamoroneck-1; Gary De-

Carr, North Rose-Wolcott-5; Tracey Reese, Fort Plain-2; Mark Munnich, Mephram-8; Chris Conwa, Shirley-11; Zrelak, Suffern-1; Ken Johnson, Huntington-11; Doug Groncki, Burnt Hills-2
126 - Shawn Welch, Waverly-4; Chris Lynch-Jr-3; James Barbato, Gates Chili-5; Robert Rouse, Fort Plain-2; Eric Katz, Ballston Spa-2; David Conway, Shirley-11; Mike Castro, Campbell Hall-1; C Sylvester, Mt Kisco-1; Chris Hopkins, Burnt Hills-2
132 - Matt Heroth, Fort Plain-2; Tom Gorga, Liverpool-3; Ken Hughes, Scotia-2; DiTore, Suffern-1; Noel Matthews, Ithaca-4; Brian Guernsey, Fulton-3; Ryan Schwan, Ardsley-1
138 - Mark Johnson, Newark-5; Moore, Clark No-1; Mike Rodecker, Fonda Fultonville-2; Chad Groncki, Burnt Hills-2; Jim O'Rourke, SL-3; Jason Kraft, Holbrook-11; Robert Salas, Medford-11; Bennett Kaufman, Thiells-9; Joel Barnard, Adir-3
145 - Todd Carpenter, Saranac-7; Mike Meyer, Lafayette-3; Tyrone Davis, Nyack-9
155 - Mike Buxbaum, New City-9; Dan Parillo, Coming-4; Suppacino,

Mahopac-1; Paul Lyman, Watertown-3; Jason Bovenzi, Greece Athena-5; Dan Payne, Victor-5; Scott Hosbach, Marion-5; Wayland Alexander, Johnson City-4; Nick Brucato-5; Bill Miller, Letchworth-5; Kurt Sykes, Madison-3; Ben Mead, Whitehall-2; Mesaros, Fox Lane-1; Felix Tianga, Queens-PSAL; Nick Szerlip, Nyack-9; Heath Maculoso, Westtown-9; Greg Mango, Burnt Hills-2
177 - Bruce Thomas, Chittenango-3; Joe Walker, Chenango Forks-4; Dan Newcomb, Niskayuna-2; Mark Whitton, Fox Lane-1; Ed Tanner, GB-3; Dana Houghling, Grotton-4; Brian Barnes, Shirley-11
215 - Bill Neuss, Bellport-11; Bruce Manley, Ithaca-4; Dan Coulombe, Averill Park-2; Allison, North Rockland-1; Brian Storace, VVS-3; Dave Robbins, Newark-5; Jonathan Porschet, Midlakes-5
250 - Hasan Uyar, Spencerport-5; Coletti, Ossining-1; Chris Werner, B'ville-3; Garfield Henry, Bronx-PSAL; Dan Geurin, Scott McAndrew, Holtsville-8; Buddy Cabrera, Batavia-5; Mark Silvanic, Lisle-4; Troy Stark, Canandaigua-5

Queens AWF Winter Warm Up Wrestling Tourn.

Sunday, December 17th

The QAWF will be sponsoring a wrestling tournament on Sunday, December 17th at the South Queens Boys and Girls Club. The club is located at 110-04 Atlantic Avenue, Richmond Hill, New York 11419. Details of the tournament include:

- 1 Weigh-ins begin at 9:00 am
- 2 Wrestling starts at 10:30 am
- 3 Single elimination with consolation brackets; everybody wrestles at least twice
- 4 Medals and certificates for first, second, and third places. Everybody receives a certification for participation.
- 5 Singlets recommended, but shorts or sweats with T-shirt acceptable.
- 6 Entry fee is \$8.00
- 7 Scholastic (folkstyle) rules, with 3 two-minute periods
- 8 Open Division 16 years old and up
- 9 Madison weight classes
- 10 Adult spectator fee is \$2.00, children under 16 - \$1.00
- 11 Concession stand available - food, equipment, etc.

For more information, call QAWF President Robert Myers at the South Queens Boys and Girls Club, (718) 441-6050, or send requests to the South Queens Boys and Girls Club, 110-04 Atlantic Avenue, Richmond Hill, NY 11419.

Queens Area Wrestling Fed. Fall Kids Champshps

October 7, 1989 - This event was held at the South Queens Boys' and Girls' Club, (SQBGC) at 110-04 Atlantic Avenue, Richmond Hill, NY 11419. For more information on upcoming events, call Robert Meyers at (718) 441-6050.

- 41-52 lbs 1 Christian Curry, SQBGC Grizzlies
2 Kieran McGee, WS YMCA
3 Danny Rosas, WS YMCA
- 58-64 lbs 1 Joe Guzzio, Madison
2 Terry Alfala, Pine Bush
3 Travis McGee, WS YMCA
4 Angelo Bruno, SQBGC
- 66-79 lbs 1 Steve Mollo, Pine Bush
2 Miguel Pakalacs, WS YMCA
3 Sean Donnelly, SQBGC
- 74-78 lbs 1 Jamie Brodsky, Long Beach
2 Frank Papa, SQBGC
- 84-91 lbs 1 Brad Smith, Pine Bush
2 Antony McGuinness, SQBGC
3 Glenn Brown, SQBGC
4 Jimmy Donnelly, SQBGC
- 110-111 1 Richie Ostrander, Long Beach
2 Yunik Wynn, SQBGC
3 Doug McCowan, WS YMCA
- 114-126 1 Felix Bermudez, SQBGC
2 Eduardo Conier, WS YMCA
3 David Rosas, WS YMCA

HS State Rankings
Parents, if your son deserves state recognition in our state rankings, please have his coach mail in a ranking form - page 21!!!

USA Wrestling Kids T-shirt Sale

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Delaware Valley Wins SUNY-B Invit.

Delaware Valley, NCAA runner-ups last year, looked strong in winning the SUNY Binghamton First Federal Invitational on November 11th. Del Valley crowned seven champs, with three second places, to earn 132 points. In four of the weights, the finalists were both from Delaware Valley. Lycoming was a distant second at 84.5 points, followed up by Binghamton and NYU (47 and 37 points). The top four finishers in each weight, in order, are:

118 Dana Pinson, DV, Mike Tenant, Bing, Mike Ciaffi, DV, Todd Miller, L

126 Chuck McGraff, DV, Mike Elder, DV, Ryan Hickerson, L, Mat McClenahan, NYU

134 Bob Morkymchuck, DV, Demetri Kangas, DV, Chris Landis L, Sean Toomey, NYU

142 Chris Hoover, DV, Pete Solomon, L, Ken Kaufman, Bing, Andy Blank, Bing

150 Todd Paglia, Bing, Matt Miller, L, Tony Rizzolino, DV, Eric Bibeau, NYU

158 Mark Ambrose, DV, Rick DiFulvio, DV, Scott Carr, L, Bill Hyde, DV

167 Frank Pershpall, DV, Kim Schuley, L, Mickey Marshall, DV

177 Bryan Neidigh, L, Tom Nohilly, NYU, Rich Calkins, Bing, Scott Alleman, L

190 Craig Rouke, L, Alex Solovey, NYU, Ron Frezzi, DV, Luis Cabrera, Bing

HWT Don Weher, DV, Ron Sowers, DV, Ken Tallman, L, Brian Weintraub, NYU

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Corinth's New Wrestling Room
Chris Terry: Something
To Prove
Mike Poplaski On Life After
The Fronhofers
Spartans And Spartans:
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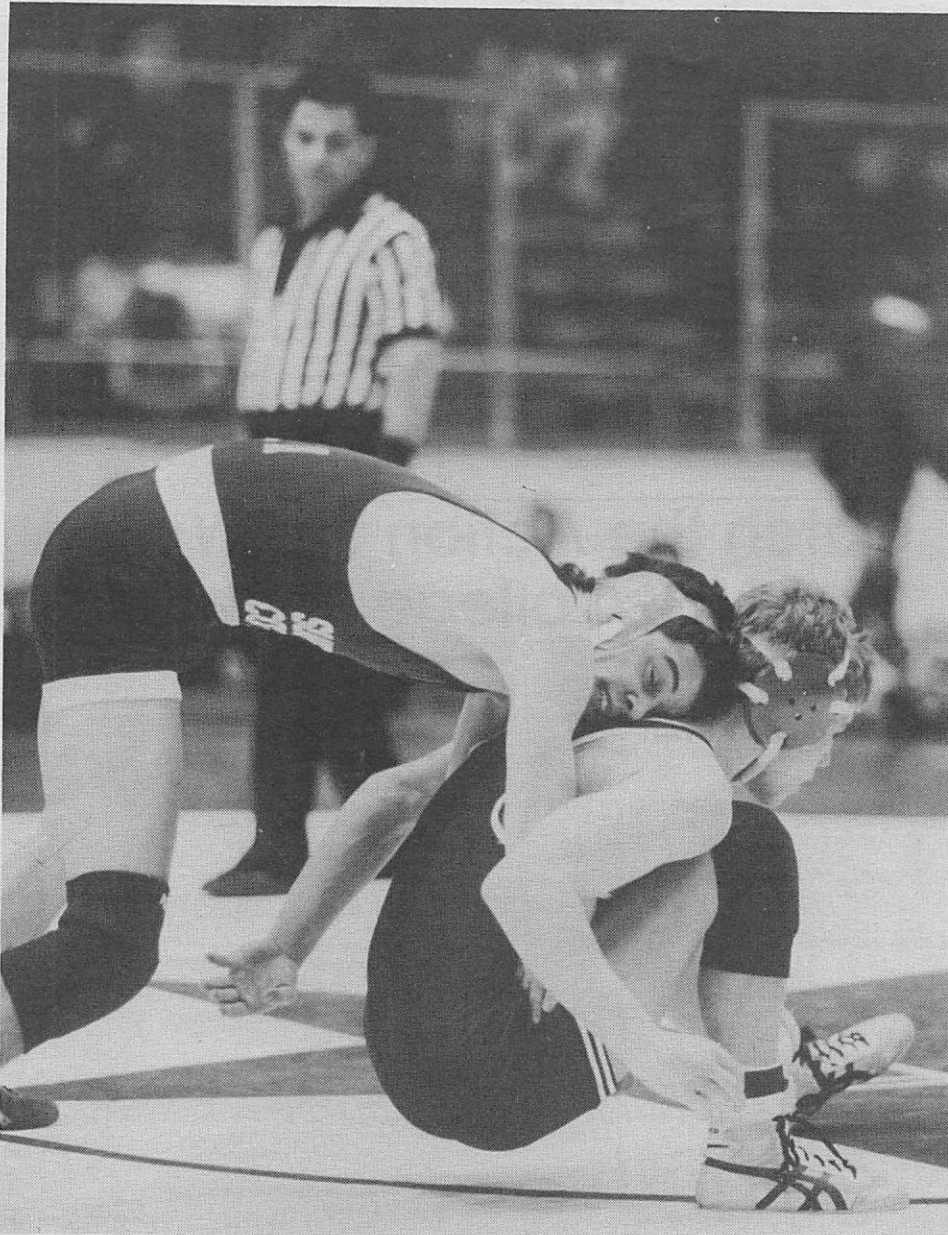
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Section II
Wrestling





Brandon MacNaught, (bottom) Walton-4, working an escape against Matt Kenneally, William Floyd-11 during the state championships in March. MacNaught went on to win and take fourth place, with Kenneally taking fifth. MacNaught is now a senior at Walton, and is top-ranked at 126 pounds.

Schulman Wins at World Maccabiah Games

SU star takes gold in Freestyle & Greco

Syracuse University 142-pounder Darren Schulman won gold medals in freestyle and Greco competition at the 13th World Maccabiah Games this past summer. The Games, held in Israel, constitute the Jewish World Olympics. This year's competition attracted 4,000 athletes from more than 40 countries in about 30 sports.

Schulman, from East Brunswick, New Jersey, is currently a junior, and is top-ranked in New York State at 142 pounds. He redshirted last year. The year before that Darren placed fourth in the EIWA, going 35-10 for the year. He is a former New Jersey State Champ with a high school record of 85-8. Schulman also placed second in the NYS Collegiate Championships, losing only to Buffalo's Dean Salvaggio, 9-3.

Schulman was voted the Most Improved Wrestler of the 1987-88 season, and won the SU Takedown Trophy. He had six pins that year. Schulman red-shirted last year, and has started this year at number one in the New York State Collegiate Top 80 Individual Poll. In the pre-season poll, Darren was ranked ahead of senior All American Ron Gross, Ithaca, Senior All American Brian Reed, St Lawrence, and Nate Knauer, Cornell senior.

In the Maccabiah Games, Schulman, competing at 149.5 pounds, was one of only three US wrestlers who won gold medals in both freestyle and Greco. The others were Rob Prebish, PA, and Soloman Fleckman, PA. Also winning medals for NY was Alex Solovey, who took a bronze in freestyle and a silver in Greco. □

Empire State Games Correction

In this year's Open Freestyle competition, the fifth place finisher at unlimited was Robert Meyers, NYC. It was previously reported as someone else.

Coaches Corner

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New Yorkers shine in Lock Haven Fall Classic

Several super-dedicated New Yorkers trekked to Lock Haven, PA on October 14th & 15th for the Annual Lock Haven Fall Classic Wrestling Tournament. Over 1400 wrestlers participated in eight age divisions using 12 mats. Those who placed are:

Chad Sheldon, Fulton, 2nd place 140 lbs, A Senior High Division
Bryan Knauss, Webster, 2nd 140 B, Senior High
A DeTrigg, Irondequoit, 145 A, Senior High
Bruce Manley, Ithaca, HWT, Senior High
Bob Jackson, Tonawanda, 2nd, 120 lbs Open
Rick Spaulding, Alfred, 2nd 158 lbs Open
Bob Wylie, Sound Beach, 2nd 155 lbs Masters Division

Alfred State College

Dec 1-2	Niagara Tournament	9:00 am
5	Niagara dual - home	7:00 pm
8	at Morrisville	7:00 pm
9	Mohawk Valley Tournament	12:00 pm
Jan 19-20	Bronco Invitational - Delhi	10:00 am
24	Broome/TC3/Keystone Broome	6:00 pm
27	Lakeland Quad - Lakeland, OH	
31	Monroe/Corning/Ithaca home	6:00 pm
Feb 2-3	Niagara Trailblazer Tournament	
9-10	Regional Qualifiers - Monroe CC	
19-20	NJCAA Tournament - Bismark, ND	

SUNY Cobleskill

Dec 2	at Tompkins-Cortland CC	1:00 pm
5	at SUNY Delhi	7:00 pm
9	at Mohawk Valley Tournament	10:00 am
13	Fulton-Montgomery - home	6:00 pm
Jan 25	at Mohawk Valley	7:00 pm
27	at Morrisville Invitational	10:00 am
31	at Morrisville	7:00 pm
Feb 6	at Broome/Fulton/Corning	6:00 pm
9-10	Regionals at MCC	

Mohawk Valley Community College

Dec 2	Niagara Tournament	9:00 am
9	Hawk Invitational - home	12:00 pm
Jan 20	Bronco Invit - Delhi	10:00 am
23	at Fulton Montgomery CC	7:00 pm
25	Cobleskill ATC - home	7:00 pm
27	at Morrisville Classic	11:00 am
Feb 3	Delhi/Corning - home	2:00 pm
7	at Morrisville ATC	7:00 pm
9	Regional Qualifiers MCC	

Niagara County Community College

Dec 2	Niagara Tournament - home	9:00 am
5	at Alfred State	7:00 pm
9	at Hawk Invit - Mohawk Valley	10:00 am
16	DePage Duals - Glen Elyn, IL	10:00 am
Jan 9	Lakeland/Cuyahoga Mentor OH	5:00 pm
13	Hornet Invitational - Broome	11:00 am
20	at Delhi Invitational	12:00 pm
24	at Monroe Comm College	12:00 pm
27	at Morrisville Classic	11:00 am
Feb 3	Trailblazer Team Tour - home	12:00 pm
9-10	Regional Championships MCC	
19-20	NJCAA Bismark, ND	

Nassau Community College

Jan 6-7	at Wilkes Tournament	
13	at Army with Princeton B	1:00 pm
17	at Army Prep Triangular	6:00 pm
20	Mid Eastern Atlantic Open	10:00 am
24	at Gloucester	7:00 pm
27	at Morrisville Tournament	11:00 am
31	at Stevens Trade, with Chowan	5:00 pm
Feb 3	Farmingdale & Bergen - home	1:00 pm
11	at Mid Atlantic Tour NC	10:00 am
19-20	NJCAA's at Bismark, ND	

SUNY Delhi

Dec 2	at Niagara Tournament	9:00 am
5	SUNY Cobleskill - home	7:00 pm
9	at Mohawk Valley Invitational	12:00 pm
13	at Tompkins-Cortland CC	7:00 pm
Jan 13	at Springfield, MA Tournament	12:00 pm
20	Delhi Tournament - home	10:00 am
24	SUNY Morrisville - home	7:00 pm
27	Wilkes CC/Farmingdale/at Middlesex	12:00 pm
30	at Fulton-Montgomery CC	7:00 pm
Feb 3	MV/Corning/Delhi at MV	2:00 pm
10	Regionals at MCC	
19-20	NJCAA Bismark, ND	

SUNY Farmingdale

Dec 2	at Princeton JV's	tba
7	St John's at home	7:00 pm
10	at Middlesex	9:30 am
14	Yeshiva at home	7:30 pm
Jan 11	at Keystone	2:00 pm
13	at Navy B Team	1:00 pm
20	at Delhi Invitational	
27	at Wilkes with Deli & Middlesex	1:00 pm
30	at CCNY with Brooklyn	7:00 pm
Feb 3	at Nassau, with USMAPS	12:00 pm
11	Interregionals at Wilkes, NC	
19-20	NJCAA Bismark, ND	

Brooklyn College

Dec 5	Hunter/CCNY at Hunter	6:30 pm
11	St John's Univ - home	7:00 pm
13	at Fairleigh Dickinson Univ	6:30 pm
Jan 13	at LaSalle Univ	12:00 pm
16	at Rutgers Univ	7:30 pm
19-20	NYS Championships Cortland	9:00 am
24	Kings Point (USMMA) - home	7:00 pm
30	Farmingdale/CCNY at CCNY	7:00 pm
Feb 5	John Jay College	6:00 pm
10-11	Metropolitan Championships	

Manhattan College

Dec 1	LaSalle Univ - home	7:30 pm
8	Kings Point/Hunter/NH home	6:30 pm
Jan 6	at Hunter Tournament	
13	at Ursinus Tournament	

19-20	NYS Championships at Cortland	9:00 am
25	at John Jay	5:30 pm
27	Nat'l Catholic Tour-John Carroll	
Feb 1	Central CT/Wagner at CT	7:00 pm
3	at Rutgers-Camden	
7	Brooklyn - home	7:30 pm
9-10	Metropolitan Championships	
13	St John's - home	7:30 pm
Mar 10-11	NCAA Qualifier - U of NH	
22-24	NCAA Div I Champs Maryland	

New York University

Dec 5	at Stevens Inst of Tech	7:00 pm
9	Harvard/NH/WPI - home	1:00 pm
Jan 2	CCNY - home	7:00 pm
6	at Hunter College Invitational	9:00 am
8	Rutgers at Newark	7:30 pm
10	Hunter College	6:00 pm
19-20	NYS Championships at Cortland	9:00 am
27	at Columbia/Kings Point	10:00 am
Feb 3	UAA Champ's at U of Chicago	9:00 am
10-11	Metropolitan Champ's at Hunter	9:00 am
16-17	NCAA Regionals at Gallaudet	
Mar 2-3	NCAA Champ's at Ithaca	9:00 am

6	Springfield - home	7:00 pm
9	St Lawrence - home	7:30 pm
10	at Harvard/Penn	12:00 pm
16	Eastern Regionals at Gallaudet	
Mar 2-3	NCAA Div III's at Ithaca	

SUNY Binghamton

Dec 2-3	at RIT Invitational	12:00 pm
8	RIT - home	7:30 pm
Jan 9	Upper Iowa - home	7:30 pm
13-14	Div III Challenge Duals - home	9:00 am
17	Mansfield - home	7:30 pm
19-20	NYS Championships at Cortland	
27	at Brockport	2:00 pm
31	Oneonta - home	7:30 pm
Feb 3	Cortland/Albany at Albany	1:00 pm
7	Oswego - home	7:30 pm
10	at Potsdam	1:00 pm
16-17	SUNY Conf at Oswego	4:00 pm
Mar 2-3	NCAA Division III's at Ithaca	11:00 am

SUNY Buffalo

Dec 2-3	at RIT Invitational	12:00 pm
6	at Gannon University	7:30 pm
9	at Miami of Ohio and Ashland	

Catch the Action this Winter!

NYS College Schedules

Hunter College

Dec 1	St John's at home	4:00 pm
5	CCNY/Brooklyn at home	6:30 pm
8	at Manhattan with USMMA	7:00 pm
14	at John Jay with Seton Hall	6:30 pm
Jan 6	Hunter Invitational at home	9:30 am
10	at NYU	6:00 pm
13	Albany State at home	1:00 pm
19-20	NYUS Championships Cortland	
23	Rutgers-Newark at home	6:30 pm
27	at Kean with Glassboro	1:00 pm
30	at Wagner with Stevens Pt	6:30 pm
Feb 1	at Yeshiva with Fordham	7:00 pm
3	at Rutgers-Camden	1:00 pm
10-11	metropolitan Champ at Hunter	
17	NCAA East Regionals Gallaudet	
Mar 3-4	NCAA Div III's at Ithaca	

SUNY Oneonta

Dec 1-2	at Lebanon Valley Invit	
8	at SUNY Albany	7:00 pm
9	SUNY Potsdam - home	1:00 pm
Jan 10	Scranton Univ - home	7:30 pm
13-14	NCAA Div III Challenge at Bing	
19-20	NYS Championships - Cortland	
24	Williams College - home	7:30 pm
27	Wesleyan and Springfield - home	1:00 pm
31	at SUNY Binghamton	7:30 pm
Feb 3	Brockport State - home	1:00 pm
7	Oswego St at Binghamton	6:30 pm
10	So Conn & Mansfield at So Conn	12:00 pm
16-17	SUNYAC's at Oswego	
Mar 2-3	NCAA Div III's at Ithaca College	

SUNY Brockport

Dec 1-2	Slippery Rock Invitational	
6	Cortland - home	7:00 pm
9	Trenton State - home	12:00 pm
Jan 9	RIT - home	7:00 pm
10	Upper Iowa - home	1:00 pm
13	at Potsdam	2:00 pm
16	at Oswego	7:00 pm
19-20	NYS Championships at Cortland	
25	at Brock (Ontario)	7:00 pm
27	Binghamton - home	2:00 pm
Feb 3	at Oneonta	1:00 pm
16-17	SUNYAC's at Oswego	
Mar 2-3	NCAA Div III's at Ithaca	

SUNY Cortland

Dec 2-3	at RIT Invitational	12:00 pm
6	at Brockport	7:00 pm
9	at Ithaca	7:30 pm
Jan 10	at Mansfield	6:00 pm
13-14	Div III Challenge Duals at Bing	6:00 pm
19-20	NYS Championships - home	
24	St Lawrence - home	7:00 pm
27	RIT/Buffalo - home	1:00 pm
31	Potsdam - home	7:00 pm
Feb 3	at Albany/Binghamton	1:00 pm
6	Montclair - home	7:00 pm
16-17	SUNYAC's at Oswego	
Mar 2-3	NCAA Div III's at Ithaca	

SUNY Albany

Dec 8	Oneonta - home	7:00 pm
Jan 4	Albany Duals - home	12:00 pm
9	at Williams/Western NE	7:30 pm
13	at Hunter	1:00 pm
19-20	NYS Championships at Cortland	
26	at Ithaca	7:30 pm
Feb 3	Cortland/Binghamton - home	1:00 pm

Jan 29	Sunshine Open at Tampa, FL	
15	California of PA - home	7:00 pm
19-20	NYS Championships at Cortland	
23	Syracuse - home	7:30 pm
27	at Cortland with RIT	1:00 pm
30	at Edinboro	7:30 pm
Feb 3	at Kent State	1:00 pm
6	at Slippery Rock	7:30 pm
10	Ithaca - home	1:00 pm
23-24	NCAA Qualifier at Mansfield	
Mar 2-4	NCAA Championships	

Hofstra University

Dec 2	at Penn Quad	12:00 pm
9	at U of Maryland Dual Tour	
Jan 6	Yale - home	2:00 pm
12	at Syracuse with Columbia	4:00 pm
13	at Springfield Tournament	12:00 pm
19-20	NYS Championships at Cortland	
25	Wagner College - home	7:30 pm
27	Central Connecticut - home	2:00 pm
Feb 2	at Delaware	7:00 pm
3	at Bucknell	1:00 pm
9	Drexel - home	7:30 pm
13	Rider - home	7:30 pm
17	Wilkes - home	2:00 pm
23	Rutgers - home	7:30 pm
Mar 9-10	East Coast Conf Tournament	
23-24	NCAA Div I Championships	

Syracuse University (tentative)

Dec 3	at Penn St Duals	10:00 am
8	at Navy	7:00 pm
10	Drexel - home	1:00 pm
29-30	at Midlands Open Tournament	
Jan 6-7	at Wilkes Open Tournament	
12	Columbia/Hofstra - home	7:00 pm
19-20	NYS Championships at Cortland	
23	at Buffalo	7:30 pm
27	Wilkes - home	7:00 pm
Feb 3	at Clarion	7:00 pm
6	St Lawrence - home	7:00 pm
11	Lehigh - home	1:00 pm
17	Army - home	7:30 pm
22	at Cornell	
Mar 9-10	EIWA Championships at Wilkes	
22-24	NCAA Div I Championships at Maryland	

Army

Dec 1	Middlesex (JV)	4:15 pm
2	at Cornell Duals	
6	Central Connecticut - home	4:30 pm
29-30	Sunshine Open - Tampa, FL	
Jan 6	Brown, Ohio, Boston	
13	Princeton, Wagner - home	
16	at Rider	7:00 pm
17	Blair Academy (JV) - home	4:15 pm
19-20	NYS Championships at Cortland	
27	Lehigh - home	1:00 pm
Feb 2	at Wilkes	7:30 pm
6	East Stroudsburg - home	7:30 pm
10	Clarion - home	1:00 pm
15	USMAPS (JV) - home	4:15 pm
16	at Bucknell	7:00 pm
17	at Syracuse	7:30 pm
24	at Navy	1:00 pm
Mar 2	Bloomsburg - home	7:30 pm
9-10	EIWA Qualifier at Wilkes	
22-24	NCAA Div I Championships	

SUNY Buffalo 15th in National Poll

The University of Buffalo wrestling team was recently ranked 15th in the NCAA Division II wrestling poll issued by the National Wrestling Coaches Association. Portland State, defending NCAA champ, was first.

Ed Michael, in his 20th year as head coach, has a career record of 206-99-3. At last season's NCAA Division II Qualifier, he was named the Outstanding Coach.

Among the wrestlers to watch this season are senior Jeff Howard, 167 pounds, 28-10-1, and junior Bill Stanbro, 177 pounds, 23-16-1. Howard was an NCAA Div II runner-up.

This year's team will face a very difficult schedule. Says Coach Michael, "If you're going to move up to Division I as we are (1991-92 season), then you have to give the men a taste of what's to come. We have done that and will continue to do that." □

Three at NYU Ranked in Met Poll

Seniors Ben Weinthal (Rochester), Guy Zerega (Mamaroneck), and sophomore Mat McClenahan (Sigourney, Iowa) have been ranked in the Metropolitan Wrestling Conference Pre-Season Coaches Poll.

Weinthal, who last season became NYU's first wrestling All American, was named to the first team and will wrestle in the 190 pound weight. Weinthal, along with McClenahan, earned a trip to the Nationals with a third-place finish at the Eastern Qualifier.

Guy Zerega was hurt much of last year, yet made the fourth team. McClenahan, a freshman, was named to the third team at 126 pound class. He finished second at the Eastern Qualifier and went to the Nationals. He was named the top freshman wrestler in the Met Conference 118 pound class. □

NYS Shines in EIWA Pre-Season Poll

The first EIWA (Eastern Intercollegiate Wrestling Association) poll for the 1989-90 season has several NY wrestlers and teams highly ranked. As of 10/25/89, SU was ranked 2nd, with Army at 4th and Cornell in 6th. Top spot was occupied by Lehigh.

118 Adam Condo, Columbia, 2nd; Drew Black, Syracuse, 3rd; and Tom Larson, Army, 5th
126 Paul Kuznik, Army, 1st; Todd Johnson, Columbia, 4th; Gerry Graziano, Cornell, 5th; Vin Innes, Syracuse, 6th
134 Jack Macko, Cornell, 3rd; Rich Santana, Syracuse, 4th; Mike Ferrari, Army, 5th
142 Darren Schulman, Syracuse, 2nd; Nate Knauer, Cornell, 4th; Doug McCormick, Army, 6th
150 Pat Waters, Cornell, 1st; John Gautreau, Syr, 5th
158 Frank Ryan, Syracuse, 3rd; Eric Zeeman, Army, 4th; Joe Giuciardo, Cornell, 5th
167 Nick Mauldin, Army, 3rd; Mike Barcaskey, Cor, 6th
177 Chris Welch, Syracuse, 4th; Bill Barrow, Army, 5th; Ben Morgan, Cornell, 6th
190 Joe Zito, Syracuse, 4th; Alex Porcelli, Army, 5th
HWT EJ Pasteur, Army, 1st; Rob Cole, Syracuse, 3rd

Poll Coordinator is Gene Mills, Syracuse University. To contribute information, please call (315) 443-1012. □

Pre-season Poll No 89:2
November 1989

New York State Collegiate Wrestling "Top 80 Individuals"

Mike Morone
Poll Coordinator

WGT	FIRST	SECOND	THIRD	FOURTH	FIFTH	SIXTH	SEVENTH	EIGHTH
118	Adam Condo Columbia (Jr)	Adam Goldstein Wagner (Sr)	Jeff Anderson Army (Jr)	Troy Monks Cortland (Sr)	Drew Black Syracuse (So)	Brad Batista Ithaca (So)	Ron Sinacore Hunter (Sr)	Matt Brown Potsdam (So)
126	Paul Kuznik Army (Sr)	Todd Johnson Columbia (Sr)	Jerry Graziano Cornell (Sr)	Vin Innes Syracuse (Jr)	Fritz Zagorsky Brockport (So)	Dave Regina Oneonta (Jr)	Bob Zoeke St Lawrence (Sr)	Brian Darling Oswego (Sr)
134	Jack Macko Cornell (Sr)	Joel Lamson Ithaca (Sr)	Rich Santana Syracuse (So)	Mike Ferrari Army (Sr)	Tom Yankanich Columbia (Sr)	Pat Greenlee Hofstra (Sr)	Jeff LaMountain Albany (Jr)	Joe Helfert Oneonta (So)
142	Darren Schulman Syracuse (Jr)	Nate Knauer Cornell (Sr)	Tim Cotter Ithaca (Sr)	Brian Reed St Lawrence (Sr)	Bob Pine Oneonta (Jr)	Nelson Colley Brockport (So)	Bill Mallin Albany (Jr)	Ilias Diakomiahals RIT (Sr)
150	Pat Waters Cornell (Sr)	John Gautreau Syracuse (Sr)	Ron Gross Ithaca (Sr)	Chris Zogby Albany	Toby Johnson Columbia (Sr)	Don Duel Potsdam (Fr)	Todd Paglia Binghamton (Sr)	Rob Price Oswego (Jr)
158	Frank Ryan Syracuse (Sr)	Eric Zeeman Army (Sr)	Joe Guciardo Cornell (Sr)	Marty Nichols Ithaca (Sr)	John Pavlin Albany (So)	Tom Gleason St Lawrence (Jr)	Ken Copella Brockport (Jr)	Butch Padomski Hofstra (Sr)
167	Mike Cronmiller Ithaca (Sr)	Nick Mauldin Army (Jr)	Jeff Howard Buffalo (Sr)	Greg Jones Albany (Jr)	John LaMarr Hofstra (Jr)	Mitch Barchasky Cornell (Jr)	Steve Hart Syracuse (Jr)	Adam Marciniak Brockport (Sr)
177	Chris Welch Syracuse (Sr)	Bill Barrow Army (Jr)	Mike Yanosik Cortland (Jr)	Tim Habecker Ithaca (Sr)	Bill Stanbro Buffalo (Jr)	Sean O'Neil Cornell (Jr)	Chris Roberts Albany (Jr)	Steve Charlton St Lawrence (Jr)
190	Alex Porcelli Army (Jr)	Joe Zito Syracuse (So)	Dan Sanchez Wagner (Jr)	Ben Weinthal NYU (Sr)	Brian Quick Brockport (So)	Dave Grabenstatter Buffalo (Jr)	Bill Hadsell Ithaca (Jr)	Grant Gabel Kings Point (Sr)
HWT	EJ Pasteur Army (Jr)	Rob Cole Syracuse (Jr)	Mike Fusilli Ithaca (Sr)	Pat Versage Wagner (Sr)	Wrede Kirkpatrick Columbia (Sr)	Chuck Guptill Buffalo (Jr)	Matt Ladka Owego	Chris Mohr RIT (So)

NOTE: The New York State poll "Top 80 Individuals" includes only wrestlers who are enrolled full time and NCAA eligible.

As voted by the NYS Collegiate Wrestling Association's poll committee.

NYS Collegiate Poll

This poll (above) was voted on by the NYS Collegiate Wrestling's Poll Association, and compiled by New York Wrestling News. NYWN will carry this poll in each of its in-season issues. NYWN is the sole source of this poll. It is made available to the media across the state.

NYWN will also be covering complete collegiate results - dual meet box scores, tournament results, and post-season rankings and results. For complete college wrestling action, subscribe to New York Wrestling News!! □

New York State Junior College Poll

Starting next month, NYWN will be publishing the NYS Junior College Poll. This poll will include all the two-year colleges throughout New York State. Look for this exciting poll next month!!!

NY Collegiate Team Poll

- 1 Syracuse University, Div I
- 2 Army, Div I
- 3 Cornell University, Div I
- 4 Ithaca College, Div III
- 5 Columbia University, Div I
- 6 SUNY Buffalo, Div II
- 7 SUNY College at Brockport, Div III
- 8 St Lawrence University, Div III
- 9 SUNY Cortland, Div III
- 10 Hofstra University, Div I

Ithaca Invitational

Without surprising a lot of sportsfans, Ithaca College dominated their Invitational this year, grabbing 188 points, nearly doubling the score of runner-up Brock University of Canada (99.75). In third place was Springfield (93.5), followed by Rhode Island, St Lawrence, Oswego, Mansfield, Cortland, Thiel, Western New England, RIT, Soughern Connecticut, Delhi, Norwich, Allegheny, McMaster, Potsdam, and Hunter.

Brian Allen of Rhode Island won the Most Outstanding Wrestler award for his dominance of the strong 126 pound class. John Maute of Springfield, 150 pounds, third place, decked five opponents in 13:53 for the Most Falls award.

At 134 pounds, Ithaca's Tim Cotter took the title based on victories of 10-4 (John Smith, Mans); 23-5 TF (Joe LaPenna, Del); 27-11 (Andy Wolf, Hun); 4-1 (Ray LaChase, Ith), and 5-1 (Sean Kiley, Spring).

Ithaca's veteran 158 pounder, Marty Nichols also won it all. His matches went like this: pin 2:29 (Reggie Roberts, RI); 10-2 (Al Ruggerio, Del); 10-2 (Rob Price, Osw); 4-2 (Luke Collison, Brock); and 7-5 (Scott Carlsten, RI).

Mike Cronmiller returned to collegiate action at 167 and beat teammate Tim Habecker in the finals. Cronmiller was 1988's NCAA champ, but red-shirted last year. He dominated the competition with wins of 17-5 (Chris Reddy, RI); default (Kevin Werner, Mans); pin :44 (Dave Ciocca, RIT); pin 3:19 (John Mankowich, Cort); and 6-2 (Habecker) in the finals.

Defending champ Mike Yanosik, Cortland, buzzed to the title without allowing any points to stick. Last year he won at 167. This year, he jumped up to 177 and stepped on four opponents: 15-0 (Ron Post, Ith); pin :45 (Steve Lesik, Thiel); pin :46 (Steve Carlton, SLU); and pin 2:55 (Joe Bena, So Conn).

The champ at Heavyweight was Ithaca's Mike Fusilli, who proved to be almost as dominant as Yanosik. Fusilli, a close runner-up last year, won by 21-4 (Chris VanAken (All); pin 4:56 (Don McDonald, So Conn); pin :44 (John Matillo, Brock); pin :57 (Rick Kaliszewski, All); and 8-0 (Jim Hoskinson, WNE).

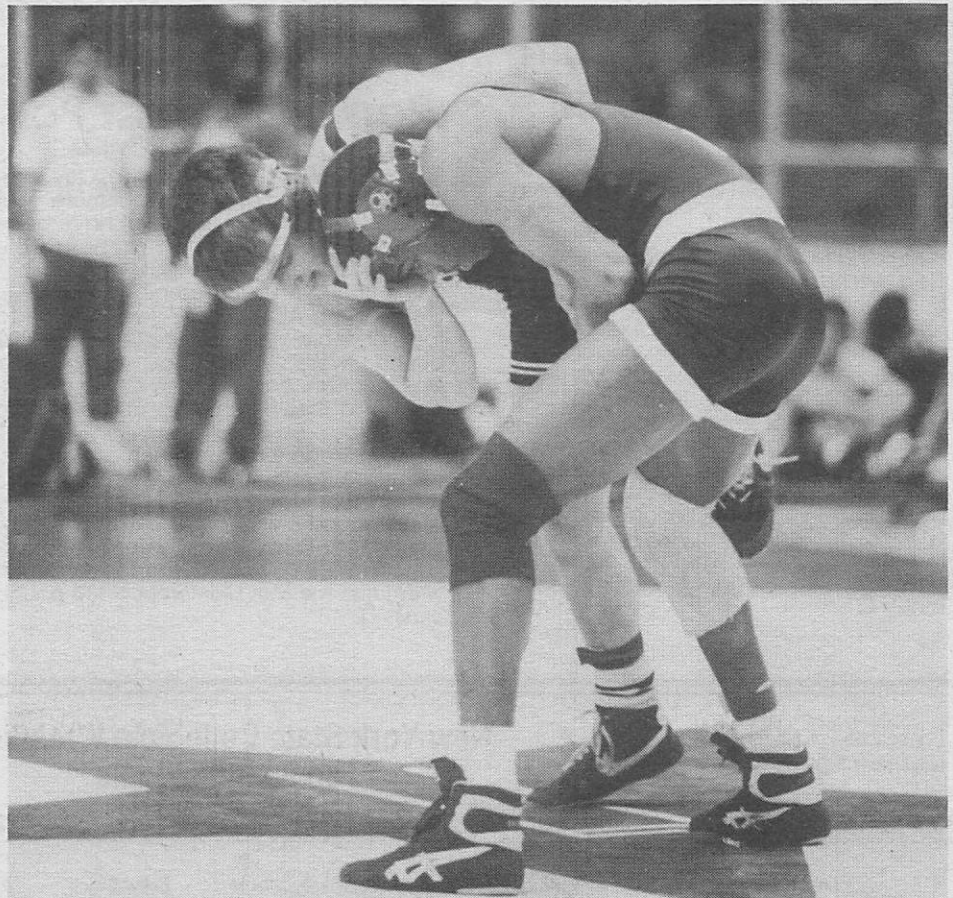
The remaining weights were won by non-New Yorkers. Overall, Ithaca had four champs, while Brock had two, and Thiel, Rhode Island, Cortland, and Western New England claiming one each.

118
1st & 2nd: Sal Jafarce, Thiel, dec Brad Batista, Ith 8-5
3rd & 4th: Ron sinacore, Hunt, wb for Troy Monks, Cort
5th & 6th: Jeff Yublon, Spring, wb for Joe Lopez, Ith
Monks was last year's champ and MOW, pinning Tom Shaw, Ith, in the finals. He dropped a 5-2 decision to Jafarce in the semis, which sent him into the wrestle-backs. Also in this class, but failing to place were Scott Hughes, Del, and Jim Canty, SLU.

126
1st & 2nd: Brian Allen, RI dec Bob Zoeke, SLU 10-6
3rd & 4th: Brian Darling, Osw wb for JP Epifanio, Cort
5th & 6th: Brian Hart, RIT, wb for Tom Shaw, Ith
Darling was last year's champ. A 9-3 semifinal loss to Allen, however, dropped him out of the champion's bracket. This was a good weight class if your name was Brian! In all the Brian's of this weight class had a combined record of 15-5.

134
1st & 2nd: Tim Cotter, Ith, dec Sean Kiley, Spring 5-1
3rd & 4th: Joey Amato, RI, pin Sam Sicoli, Del 2:24
5th & 6th: Ray LeChase, Ith dec Chris GBannister, SLU 3-2

142
1st & 2nd: Marty Calder, Bro, wb for Ed DePelino, McM
3rd & 4th: I Diakomiahalis, RIT, dec P McMullen, Mans 5-3
5th & 6th: James O'Connell, SC, dec K Higgins, RI 18-3



John Bena, state champ at 132 last year, defending against single leg attempt by Offie Reid, Coplaque-11. Bena, from Niskayuna-2, pinned Tom Shifflet in the finals. In making it to Syracuse, he triumphed over a field of Section 2 wrestlers including Chris Terry, Van Fronhoffer, and other state-caliber wrestlers. Both wrestlers have graduated.

New York State's highest placer was Ilias Diakomiahalis, who bounced back from a pin to win four matches and the third place trophy.

150
1st & 2nd: Courtney Lewis, Brock, dec B Fielding, Thiel 10-6
3rd & 4th: John Maute, Spring, pin Dan Vargo, All 2:55
5th & 6th: Ron Gross, Ith pin Don Duell, Pots 1:56

A few surprises in this class: Gross, last year's NCAA Division III runner-up, dropped two matches in taking fifth - a 10-9 loss to the champ, and a 1:09 pin against Maute. Don Duell, last year's high school state 145 pound runner-up, pulled off a huge upset in bombing two-time All American Brian Read of St Lawrence in the quarters. Read, who was seeded second to Gross, then lost 5-0 to Maute without placing. Duell lost 9-8 to Fielding to get into the wrestle-backs.

158
1st & 2nd: Marty Nichols, Ith dec Scott Carlsten, RI 7-5
3rd & 4th: Tom Gleason, SLU, dec Luke Collison, Bro 8-7
5th & 6th: Rob Price, Osw, dec Joe Woodcock, Spr 9-6

167
1st & 2nd: Mike Cronmiller, Ith, dec Tim Habecker, Ith 6-2
3rd & 4th: Tom Rainville, Nor, dec Tony Haley, Mans 12-2
5th & 6th: Dave Ciocca, RIT wb for J Mankowich, Cort

177
1st & 2nd: Mike Yanosik, Cort, pin Joe Bena, SC 2:55
3rd & 4th: Orlando Rosa, Spring dec S Prokosh, Bro 10-4
5th & 6th: Kurt Lichtenwald, Nor, dec S Carlsten, SLU 5-3

190
1st & 2nd: Rey Santiago, WNE dec B Hadsell, Ith 8-5
3rd & 4th: Paul Rossi, Mans pin Chris Buhner, Osw 3:10
5th & 6th: Mike Babayok, Nor pin Rolly Houghton, SLU 3:15
Ithaca's Hadsell had a good tournament. He gave defending champ Santiago his toughest match. Hadsell's other matches were 19-3 (Ron Ashcraft, Cort); 16-2 (Mike Kroemer, Del); and pin :43 (Rolle Houghton, SLU).

HWT 1st & 2nd: Mike Fusilli, Ith, dec J Hoskinson, WNE 8-0
3rd & 4th: John Matello, Bro, dec R Kaliszewski, All 11-4
5th & 6th: Matt Laaka, Osw, dec Dan McDonald, SC 4-2

We Need Action Photos. Please send in your shots - you might see yourself on next month's Cover!

Craig Foster New Coach at SUNY Delhi

Craig Foster is the new coach at SUNY Delhi. For the past five years, Foster has been head wrestling coach at Eastern Washington University, a Division I team. Foster cites the instability of wrestling on the west coast for his reason for leaving. While at Washington State, he had to repeatedly fight for his program's survival.

Says Foster of his new team, "I truly believe that after a transition year, we will be able to contend for a national championship every year. This is not to say I'm throwing in the towel this year. We have set a team goal of finishing in the top 10 nationally for 1990, and after seeing some of our athletes, I believe this is very realistic. I am so excited about this program, and I believe the potential is here."

At this point, Delhi has about 25 wrestlers on the squad. It looks like they will start nine freshmen out of the ten weights. Rick Payton (HWT from Ithaca) is the only returner, and is a defending Regional Champ. Top frosh include:

- 118 Scott Hughes, Burnt Hills, 1988 state champ; Jamei Susi, Sidney
- 126 Matt Ritchie, New Jersey; Sam Sicoli, Pine Bush, sixth in the states
- 134 Dave Smith, third in Suffolk County; Bill Young, 2-2 in the state meet
- 150 Al Ruggiero, Pine Bush
- 177 Jamie Passer, Burnt Hills, 3rd in Sectionals
- 190 Mike Kroemer, Cornwall

High School Coaches, Athletic Directors, Booster Club Members: Use these ranking cards for nominating wrestlers for ranking in NYWN. Photocopy this form and use it throughout the season to update our information. All forms must be completely filled out and signed to be valid. If you need to, attach additional forms to ranking cards. Thanks!!!

**New York Wrestling News
High School Wrestler Ranking Card**

Name _____
 Age _____ Grade _____ Weight Class _____
 Wrestler's Address _____
 Home Phone _____
 Town _____ State _____ Zip _____
 High School _____
 Won/loss records: 8th _____
 9th grade _____ 10th _____
 11th _____ 12th _____
 Career Record _____
 Titles Won, Honors Awarded _____

Scholastic Average/Area of Study _____

Coach's Signature _____
 Date _____ Coach's Phone _____

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 11th _____ 12th _____
 Career Record _____
 Titles Won, Honors Awarded _____

Scholastic Average/Area of Study _____

Coach's Signature _____
 Date _____ Coach's Phone _____

Dual Meet Summary Form

to be filled out and mailed in by home coaches

Section:

PHOTOCOPY THIS FORM

New York Wrestling News will print *complete dual meet results* in the season issues. We depend on coaches to provide this information as soon as it occurs. **Home Coaches:** After each dual meet, fill out this form and mail it to **New York Wrestling News**, 684 Calkins Rd, Rochester, NY 14623. We will print the results in the next issue. If you have questions, call Mike at (716) 334-6454. Thanks!!!

For each match, circle the appropriate letter: W=Won L=Lost T=Tie

Home Team Wrestlers School _____	Visiting Team Wrestlers School _____	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

Home Team _____ Visiting Team _____
 Home Team Won/Loss Record _____ Visiting School Record _____
 Team Score Home School _____ Visiting School _____ Date _____

Highlights / Newsworthy Items _____

Home Team Coach Signature (required) _____

Please mail in dual meet results promptly!!! Thanks!!!

**New York 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	
		3rd	
		5th	
98		1st	
		3rd	
		5th	
105		1st	
		3rd	
		5th	
112		1st	
		3rd	
		5th	
119		1st	
		3rd	
		5th	
126		1st	
		3rd	
		5th	
132		1st	
		3rd	
		5th	
138		1st	
		3rd	
		5th	
145		1st	
		3rd	
		5th	
155		1st	
		3rd	
		5th	
167		1st	
		3rd	
		5th	
177		1st	
		3rd	
		5th	
215		1st	
		3rd	
		5th	
UNL		1st	
		3rd	
		5th	

Most Outstanding Wrestler _____
Other Individual Awards _____
Highlights _____

Host Team Coach's Signature (required) _____

When possible, please send complete bracket sheets from your tournament. This will allow me to fully cover the event. If this is not possible, then please fill this form out and mail to me as soon as possible.

Mail to: Mike Morone, New York Wrestling News, 684 Calkins Rd, Rochester, NY 14623 (716) 334-6454

Strychalsky Shoots for Title

Double Empire State Games Champ
ready for 105 pound NYS title

Patchogue-Medford senior Keith Strychalsky was disappointed after last March's state tournament. He had not lost a match all year, then whipped through the Suffolk County Tournament fairly easily. In Syracuse, though, he dropped two close matches (4-3 to Bob Jackson of Sweet Home and 12-6 OT to Tojo Poole of Baldwinsville) without placing. Both wrestlers placed in the top five. Keith finished the season at 31-2-1. For the year, he won five major tournaments, including the Section 11 County.

To ease his disappointment of failing to place in the states, he buzzed through five opponents in winning the Empire State Games in freestyle. His wins were by 15-0, 9-2, pin 2:30, 8-1, and 7-4. He also entered the Greco competition, hoping only to just place. He surprised himself by winning another gold medal. His matches in Greco went like this: 13-0, 14-3, pin 1:25, 5-4, and 8-4. In all, he went 10-0 in winning both medals.

His impressive ESG performance has placed Strychalsky high in the pre-season rankings. When asked about his goal, he replies without pause, "To be the next state champ at 105 pounds." Keith is a very active wrestler, using a wide variety of takedowns, his specialty. He is especially effective in scoring from high crotches and single and double leg takedowns.

Strychalsky does a great deal of weight training. He is up to 115 pounds now. He plans on starting the season at 112 and going 105 later on. He's grown a little since last year, when he competed at 98 pounds. However, the weight he put on seems mostly muscle.

While not working out, Keith enjoys fresh water fishing and bow-hunting. He's been hunting for a few years, but has not yet bagged a deer. He's hoping for his first soon.

Strychalsky is an honor roll student planning on studying Physical Education in college. So far, several schools have shown some interest, and Keith is considering Syracuse, Old Dominion, West Virginia, Hofstra, and North Carolina State. According to his coach, Craig Kelsey, "Keith is a super-hard worker and a great kid. He works out year-round, and is real tough mentally. He's got as good a chance as anyone at winning a state title." Indeed, with his ESG blitzing, he's got probably the best chance. □



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SU's Wayne Catan Changes Gears

Former SU All American
Now Excelling in Business

A few short years ago, Wayne Catan was tearing up Division I wrestling opponents at Syracuse University. His college career record was 116-18-2. In his final two years, he finished with a record of 65-2. His only losses were 3-2 and 9-5 NCAA finals matches against Melvin Douglas of Oklahoma. Douglas is now one of the top freestyle wrestlers in the world. Catan was also a 1984 Olympic Alternate, behind Jim Scherr and Mark Schultz.

Now, though, Wayne has changed gears. He still has the dedication and drive that fueled him during his wrestling days. But it's now channeled towards achieving success in. Living in Manhat-

tan, he works as an Account Executive for Alan Taylor Communications, a Public Relations firm in the city. Ironically, he does a lot of work with sports promotions. He's been there two years.

At age 26, he is officially retired from the sport, although he does continue to work out and practice at the New York Athletic Club. In fact, during workouts there, he continues to improve. A while back, he was seen beating up on former NCAA 190 pound champ, Mark Coleman of Ohio State. And when the Soviets were in town, he went a few laps with the one who beat Kenny Monday a little while back. Catan destroyed him!

Speaking of Soviets, Catan has had an unusual amount of success in beating them. In the world's most prestigious tournament, the Tblisi USSR, he beat seven Russians in taking the silver medal. He also defeated his Soviet opponent, 6-0, in winning the Henry Degland Tournament in Nice, France.

The reason for this success is his weird

style. Developed during his years in Judo (he started at age 5 and later became a three-time state champ), his style is extremely difficult to figure out. He's quick and wiry, with an uncanny mat sense. His hip strength enables him to excel at hip tosses and other throwing movements.

At Bellport High School, Catan was a Section 11 champ. That summer, he placed third in the Junior Greco Roman Championships and sixth in the Freestyle Championships. Both of these tournaments showcase the nation's top high school wrestlers, and are typically the world's largest tournaments. His first two years of college were at Tennessee, where he went 21-7-4 as a freshman and 26-9 as a sophomore. That year, he placed seventh in the NCAA's.

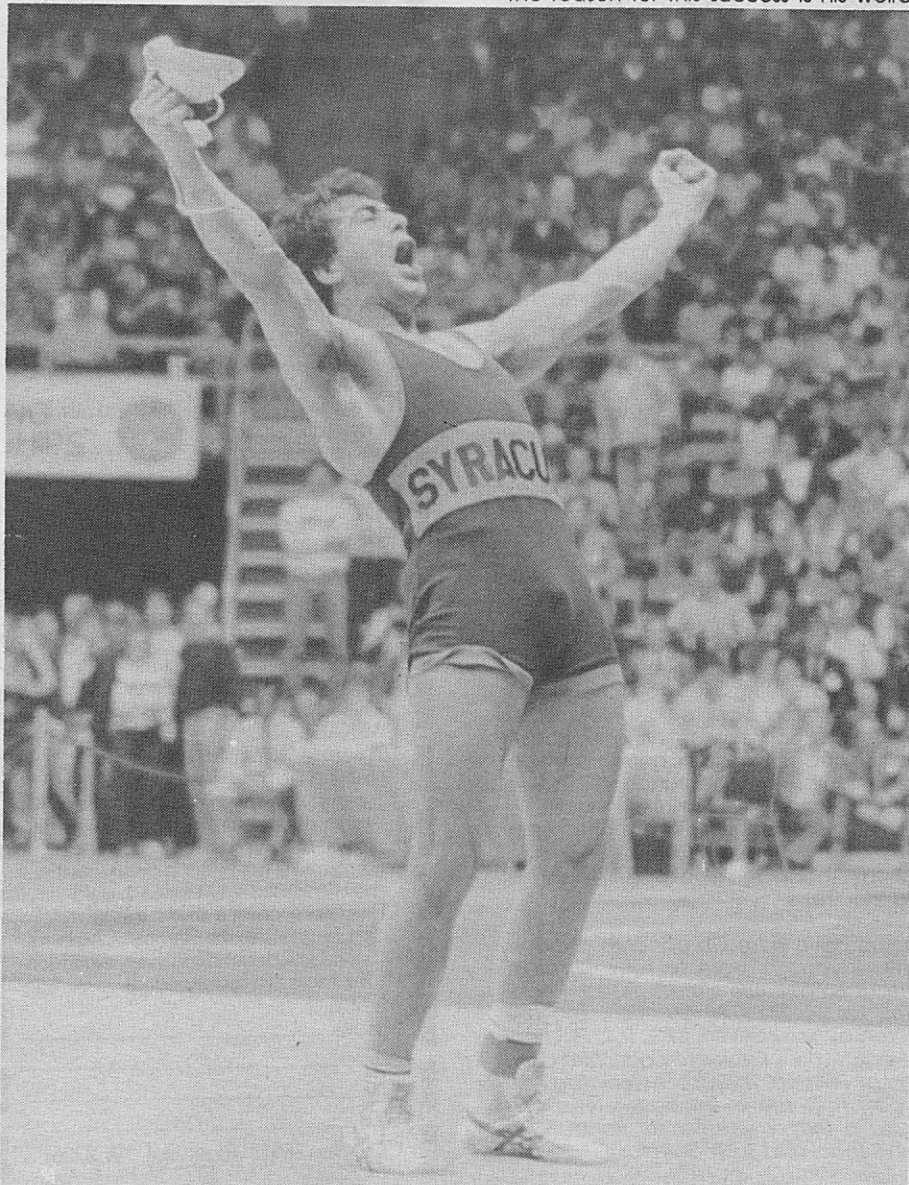
For his final two years, Catan transferred to Syracuse. As a junior, he breezed through the EIWAs, defeating every opponent by at least 15 points. As a senior, he beat Iowa's Rico Chiaperelli, 3-2, in the NCAA semifinals, held in Iowa. Chiaperelli later won the NCAA's, and is one of the top wrestlers in the world.

After earning his Bachelors Degree in Communications, Catan moved to NYC and began working for Alan Taylor. "I really enjoy Public Relations, and I'm using the same energy I used for wrestling. It's different, of course, but it is challenging and competitive," says Catan.

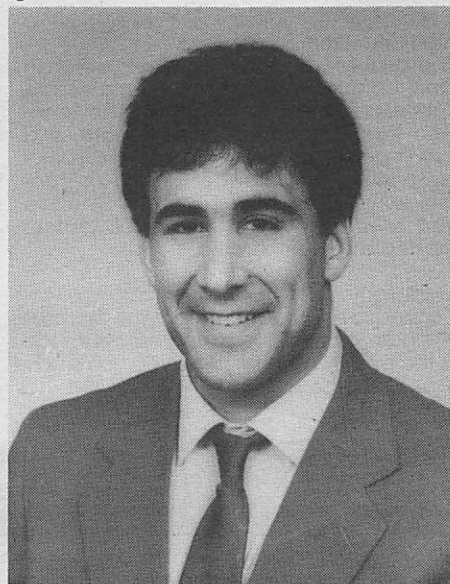
Many feel that had Catan continued competing, he may have made the 1992 Olympic team, or possibly a World or World Cup team. In his final two years of college, he proved far superior to the nation's best competition, losing only to Douglas, who is very close to being the world's best 180.5 pounder. After college, most wrestlers, even NCAA champs, often find the transition to freestyle or Greco very difficult and full of early losses. Catan, however, made the adjustment quite smoothly, and then went on to international success.

Wayne finds it hard sometimes to find something to do with the energy he once used in wrestling. Says Wayne, "I really miss the glamour of the sport - well, not the glamour, but the feeling of going out there and ripping someone to shreds. But I really love what I'm doing now also.

I ended my wrestling career on a good note, and have moved on. I have no regrets." □



Then and Now: Wayne Catan, SU two-time All American, exulting in victory after defeating top-seeded Rico Chiaperelli of Iowa in the NCAA semifinals at Iowa. Catan twice placed second in the NCAA's, losing close scores to Melvin Douglas, who is now one of the top 180.5 wrestlers in the world. Right: Catan as he appears now, wearing the uniform of business. At 26, he is still in great competitive shape, but has retired to concentrate on his Public Relations career.



Health Tips: Questions & Answers

From the Athletic Injury Center
Tony Oliveri, M.S., P.T. Physical Therapist

Dear Tony,
My coach has us do neck bridges to strengthen our necks. But my doctor says not to put pressure on the head or neck directly, because it causes compression in the vertebrae. What should I do?

Mike Comery
Williamson, NY

Dear Mike,
What your doctor is saying is, "Don't wrestle!". If you are going to wrestle, I think you should do neck bridges to prepare the neck for the times when you do get on your head in a match. The bridges are much less stressful than an actual match, and help to strengthen the very muscles that will be used. As a young person, you don't have to worry about compression of vertebrae with bridges; the vertebrae and discs have a fluid content that will bounce back after you get off your head. As you get older, the fluid content in the discs between vertebrae decreases, and bridging could cause some disc compression. The rate at which this happens varies from one person to the next. If pain radiates from the neck into the shoulders or hands after doing bridges, it's time to stop and contact a physician (neurosurgeon orthopedic surgeon) or a physical therapist.

Disc degeneration begins in most people in their 20's. Between ages 35-45, 75% of people will have some disc degeneration, but only 10% of people actually have problems with their neck or back. Disc degeneration doesn't necessarily cause pain.

Dear Tony,
My son cuts a good amount of weight to make 119 pounds. Last year, he would weigh in, and then eat what I consider the wrong foods - candy bars, pastry, and soda. When a person has only a few hours between weigh-ins and wrestling, what are the best foods to eat (for energy and for not upsetting the stomach)?

Mrs. Ertle
Rochester, NY

Dear Mrs. Ertle,
The best foods to eat between weigh-in and competition is fruit. Examples are raisins, bananas, and oranges. They contain fructose, rather than glucose and won't cause as many problems with glucose levels as other foods (such as candy) will. If the stomach is easily upset, a little bread may also be helpful, to help absorb some of the acid.

Dear Tony,
For years, I heard that heat was the best thing for injuries. Now I've heard that ice is the best treatment. What do you say?
Fran Carrathers
Henrietta, NY

Dear Fran,
Ice is usually the best treatment initially. It helps to prevent swelling, inflammation, and muscle spasms. It also helps to numb the area to decrease pain. Heat should not be applied to a new injury. You should not start heat treatments until swelling and inflammation has diminished. A physical therapist, athletic trainer, or doctor can help determine when "inflammation" has diminished. When the inflammation has lessened, heat is helpful because it can make muscles and ligaments more pliable and can reduce pain. Each case is different, and you should consult a professional if you aren't sure what to do.

Dear Tony,
I compete in open tournaments during the off-season. It seems like no matter how hard I train, I'm always exhausted after a minute of wrestling. Is it possible that I have a medical condition, like low blood sugar, that is the cause of this?
Tony Augsbury
Rochester, NY

Dear Mr. Augsbury,
It could be that you have low blood sugar. However, I would think that if you actually had a problem like that, it would also affect you when you're not wrestling. Exhaustion can also come from improper training techniques and/or from mental fatigue. Over-training can be just as bad as under-training. Some signs of over-training include: a rise in resting heart rate, lack of motivation for practice, daily fatigue, and sometimes, loss of appetite, and irritability.

Dear Tony,
Our team does a lot of running during wrestling practice. Usually, it's 10-20 minutes runs in the hallways. The thing is, everyone mostly jogs the entire time. What is the best kind of running for wrestling?
Peter Brusso
Williamson, NY

Dear Pete,
I believe the best type of running for wrestling is sprinting. The speed and rest intervals will vary according to your wrestling style. Some wrestlers are "coast" wrestler and really don't need as much speed, they need endurance. But even coast wrestlers need some sprint work, to help prepare for explosive moments in the match. Explosive wrestlers should maintain their edge with repetitive sprints and short rests.

Do you have a health concern or question? If you do, write to Tony Oliveri in care of NYWN, 684 Calkins Road, Rochester, NY 14623. All questions are answered by Tony Oliveri, M.S., P.T., Physical Therapist. He is President and Chief Clinician at Physical Therapy Associates Athletic Injury Center in Rochester, NY. Tony is also a former wrestler for Irondequoit High School and SUNY Buffalo. □

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Hall of Fame Library Founded

Material Donations Sought

John Vaughn of Florida, and active supporter of USA Wrestling and the National Wrestling Hall of Fame, has donated the resources to create a reference library at the national offices in Colorado Springs. The "Hall of Fame Library" will house books, magazines, newspapers, event programs, and other materials pertaining to amateur wrestling. Research work began this past summer to compile the materials and set up the area in the national office for the library. Opening of the library will be announced at a later date.

The Hall of Fame Library at the USA Wrestling national offices is seeking donations of materials and information for the new reference library.

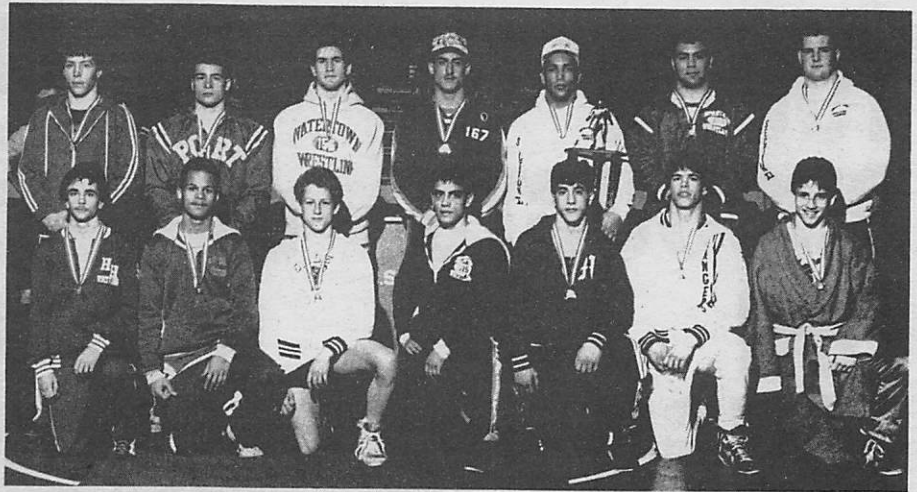
Anyone who has wrestling books, magazines, programs, and other materials for the library are asked to contact Gary Abbott at the National Office at (719) 597-8333. All donations can be mailed to 225 South Academy Blvd, Colorado Springs, CO 80910. Donations are tax-deductible, and a receipt will be furnished to all contributors.

Also equally important is information on book titles on wrestling, which can be purchased for the library. A bibliography is being compiled, which will be shared with the wrestling community. Please send a list of titles, authors, and publishers of any wrestling books you know, especially rare or older titles, to Gary Abbott at USA Wrestling.

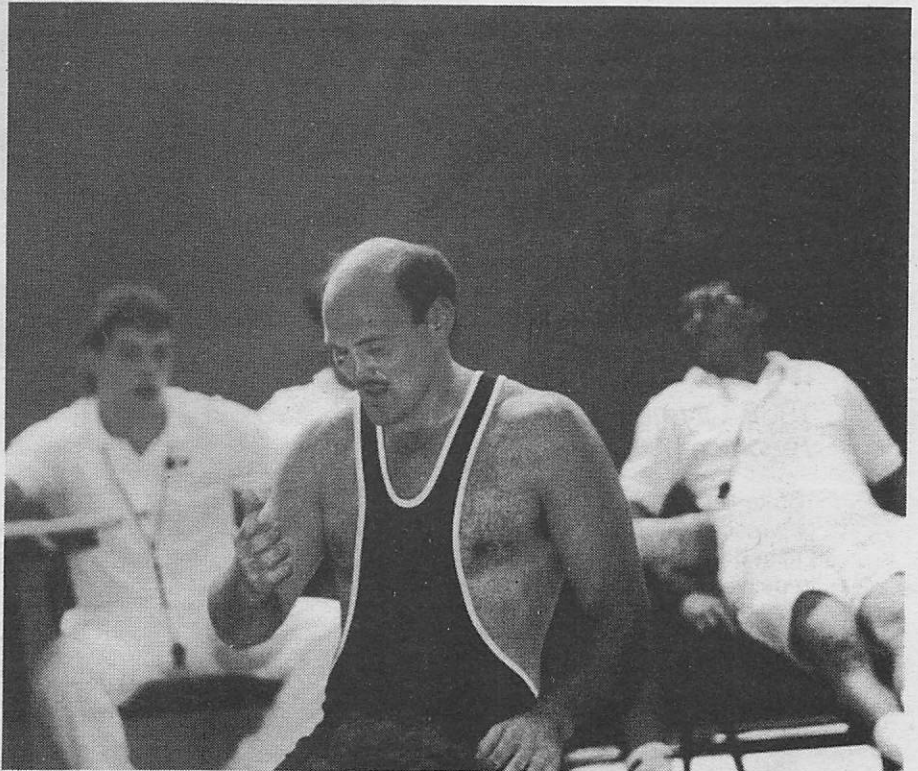
NY-USA Wrestling Schedule 1990

(as of November 1989)

March 16-18 Mohawk Valley International Festival
Canastota High School
March 30-April 1 Northeast Regional Junior Olympics
Juniors/University SUNY Brockport
TBA Second Annual NYS Club Championships In-
vitational Gates-Chili High School
April 20-22 Sectional State Qualifiers Various sites
April 27-29 Western Kids / Cadet State Cham-
pionships SUNY Brockport
May 11-13 Jr State Championships SUNY Bing
May 18-20 Northeast regional Jr Olympics Kids/
Cadet Schenectady
June 28-July 2 Nat'l Jr Olympics for Cadets Battle
Creek, MI
June 3-7 TWA/John E. Dupont Int'l Festival MO
July 14-21 ASICS Tiger National Jr Champs Iowa



1989 State Champs: Front, L-R: Anthony Alberti, Hendrick Hudson-1, Carlos Jimenez, Sleepy Hollow-1, Frank Frohofer, Salem-2, Tom Sinacore, Bethpage-8, Andy Antonucci, Hilton-5, Joe LoPresti, Spencerport-5, John Bena, Niskayuna-2, Lou Ruggirello-9, Jamie St John, Port Jefferson-11, Seamus Lyman, Watertown-3, Chris Balducci, Irvington-1, Adam Mariano, Consequogue-11, Ron Vitullo, New Hartford-3, Bill Friburger, William Floyd-11. Photo courtesy of Wrestling USA Magazine.



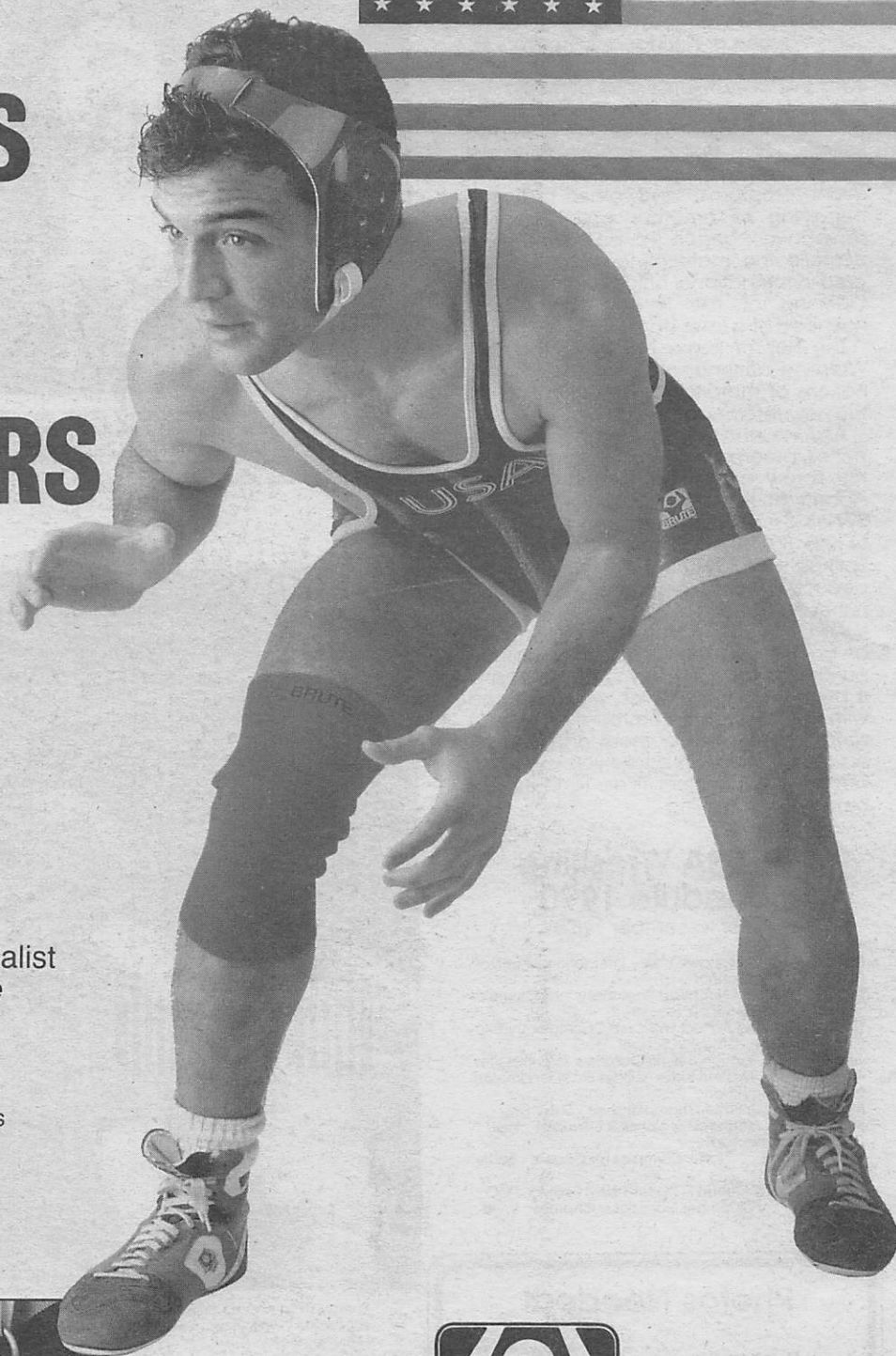
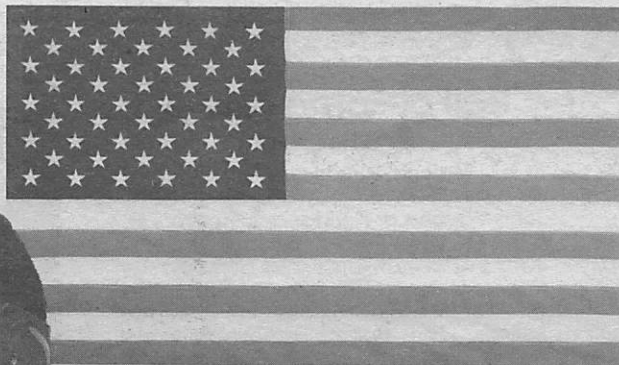
Former state champ Bill Swertfager, Hudson Valley, proves that you don't need a full head of hair to be successful in wrestling! Swertfager placed fifth in the Open Greco ESG Competition at 198 pounds. Morone photo.

Photos Needed!

NYWN is in need of good quality action photos, color or black and white. Please send in photos of your favorite wrestler now!! Your photo might be on next issue's front cover!

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