

# Mitch Brown After Second Mat Title

By HARLAN ABBEY

MITCH BROWN of Williamsville South High will be favored to win his second straight sectional wrestling championship Saturday in the divisional meet at Lake Shore High, Angola.

A varsity wrestler for all four of his high school years, he has a record of 67-10-1 and has been unbeaten in dual meets for two years.

"But champion wrestlers come in pairs," points out the Billies' wrestling coach, Joe Rotondo. "And Mitch has made a champion out of Billy Kistner, who is 20-1 this year, by working against him every day."

Brown and Kistner have become "closer than brothers" through their wrestling workouts and their extra running in the mornings to keep their condition up and their weight down.

THEIR CHIEF opponents Saturday will be a pair of real brothers, Niagara Wheatfield High's Tam Pittman, who will be pitted against Brown at 148 pounds, and Art Pittman, who will take on Kistner in the 155 pound ranks.

"I guess the highlight of our season was running three miles through the rain Christmas Day so we could compete in the Erie County Interscholastic Conference meet Dec. 28," Mitch joked.

The results, however, were no joke. Both boys were champions in the ECIC meet and also in the Amherst-area meet. In the ECIC Kistner was runner-up as "most outstanding" wrestler, but won that honor in the Amherst meet. Brown won the award for the most pins in the least amount of time in the Amherst meet.

BROWN GOT an early start in wrestling by winning a "Junior Olympics" title as a 75 pound fourth grader. He later had help from his uncle, Chuck Adams, a freshman wrestling coach at the University of Buffalo, and then began practicing with the South High team in seventh grade.

He wrestled varsity as a 119-pound freshman, winning the Amherst tournament, going 12-3 for the year, and losing in the sectional finals. As a sophomore, he was second in the sectionals at 132 pounds, and had a 15-6 record, with five of his losses to seniors.

Last year he was 16-0 in dual meets, won the sectionals at 138

pounds, but was edged by Keith Stearns of Pioneer, 7-6, in the state qualifying meet to wind up 17-1-1. He expects to meet Stearns, whom he edged 4-3 in a summer wrestling tournament, in the state qualifying meet again. He is 23-0 this year.

KISTNER, on the other hand, never wrestled before trying out for the team as a sophomore. "Everything I've learned, I've learned from Mitch," he admits.

Wrestling is a continuous process of learning, explains Coach Rotondo, who at 5-2 and 113 pounds looks young enough to compete for Williamsville South.

"We learn new moves every day in practice. Some boys learn them in two repetitions. Some it takes 20. But Mitch and Bill will go through the move 100 or 200 times."

Brown considers football his favorite sport, with wrestling a close second. In Little League, he and several members of this year's South team won six football championships in a row. At South they were 4-1 as freshmen, 7-1 as Jayvees, and were 6-1-1 and 8-0 the last two years. Brown played fullback and linebacker at his normal weight of 160 pounds, making the all-sectional team on defense both years.

HE ALSO has been a regular outfielder for two years, earning all sectional honors last year and being the team's leading hitter as a sophomore — with a batting average of only .250, he is quick to point out.

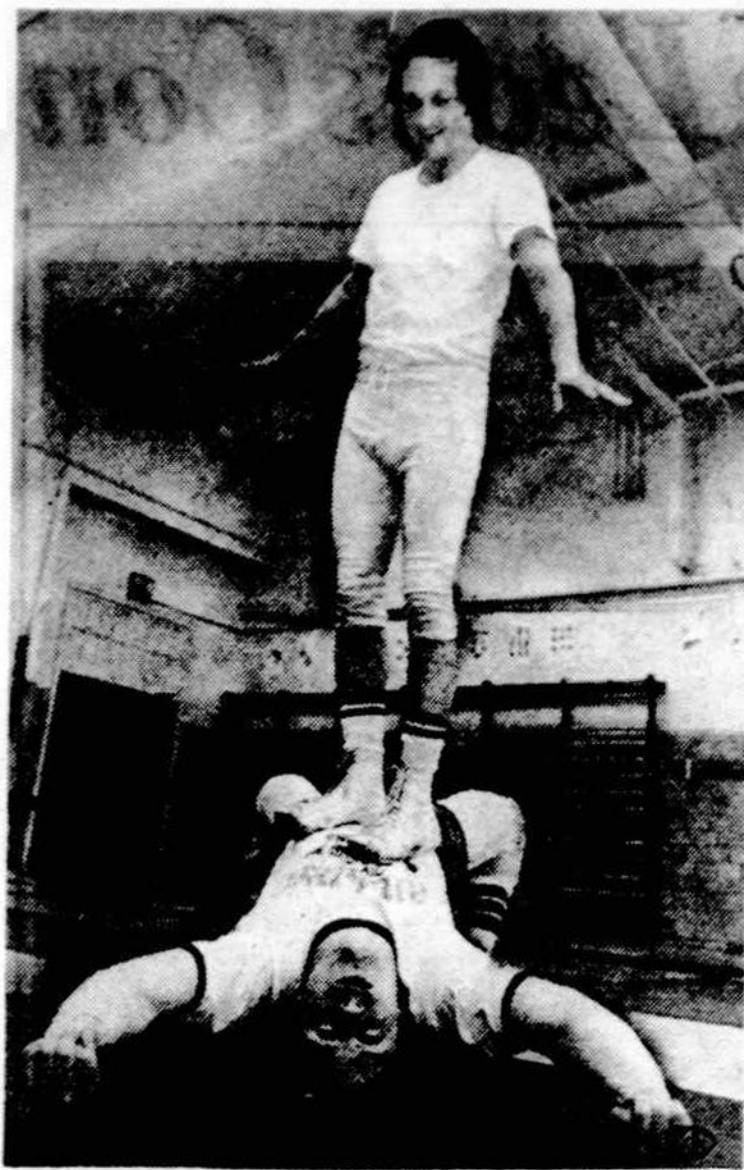
Kistner weighs 174 in the "off-season," when he competes in bicycle races.

"It's not hard to cut down to two meals a day once you start to get ready for wrestling," he contends. "You get headaches the first day, but then your stomach shrinks and you get used to it."

"When wrestling is over, Mitch and I will go back to our normal diets — five or six meals a day!"

"That's right," added his workout brother; "I'll have three bowls of cereal and two rolls at home, then donuts and sausage in the school cafeteria around 10 a.m., then lunch, then dinner, and then some sandwiches about 9 or 10 p.m."

"And then I can go back to my usual snack of two quarts of milk every day after school," chimed in Kistner.



Coach Joe Rotondo

Williamsville South's Mitch Brown does "bridge"

Photo by Bob Bukaty ... in preparation for wrestling sectionals