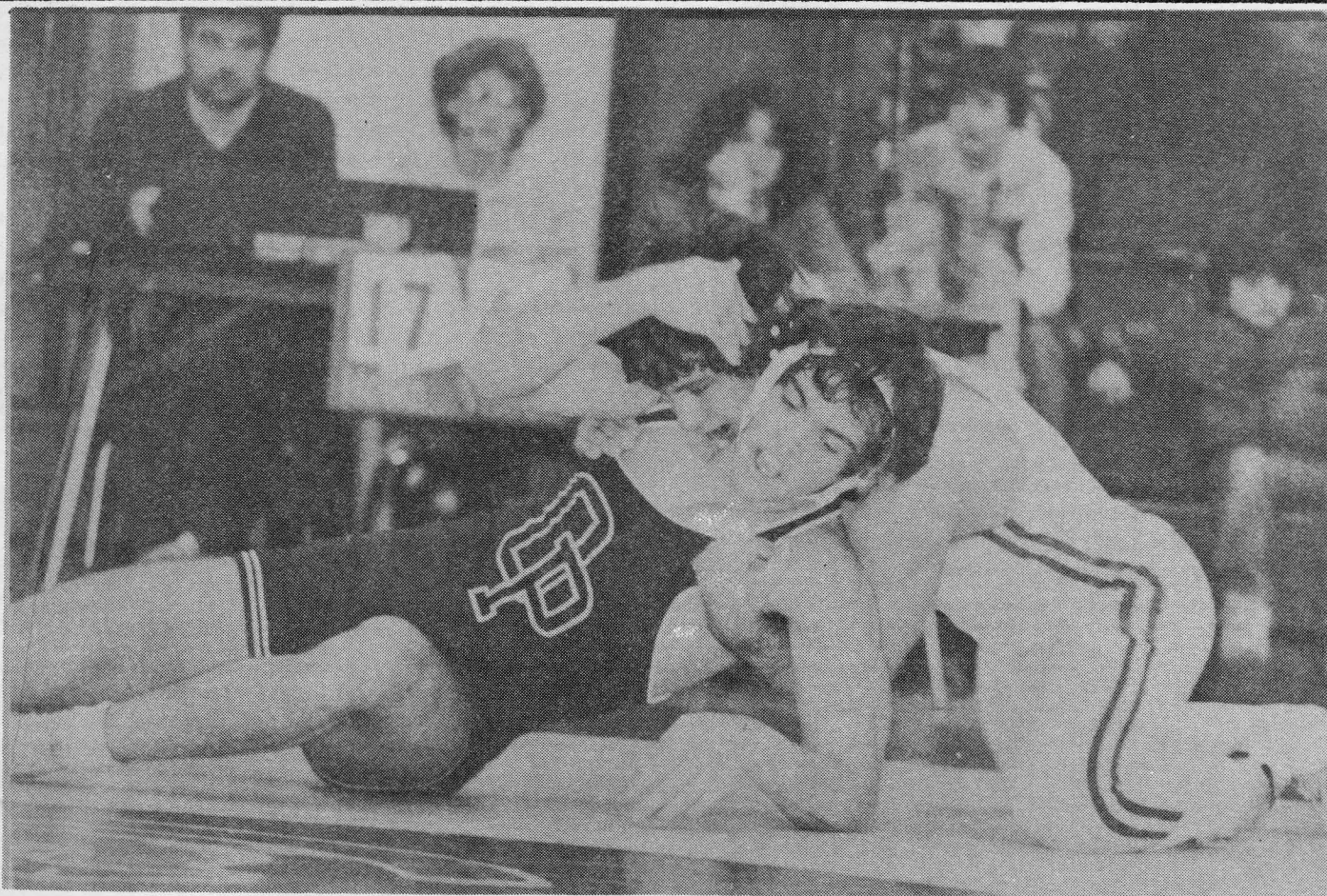


IROQUOIS TAKES OWN TOURNEY

WESTERN NEW YORK Wrestling News

Dec. 21, 1982
Vol. I No. 3



Chris Osmanski, of West Seneca East, stops Orchard Park's Todd Lowry from turning

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PAGE 5
Todd Slade leads his teammates to a team title in the Iroquois Invitational.



There's been a lot to cheer about in Falconer lately ...see story on page 2

FALCONS SOAR OVER SO. TIER

by Huck Massaro

Coach Bill Davenport's Falconer High School wrestling team has given the townspeople of the small community down the road from Jamestown an awful lot to cheer about during a time when they are experiencing a considerable amount of strife.

The Falcons are currently 7-0, and are willing to discuss, with anyone, why they think they could be the Section's best team. Two of the town's largest employers have released some of their workers recently and Falconer has been hit hard by poor economic conditions, but the wrestling program at Falconer is at the forefront of Western New York's mat aristocracy.

Last week, the Falcons showed little concern for the struggling masses in Section VI by humbling highly regarded Jamestown 57-3, and by shutting out both Silver Creek (73-0) and Westfield (61-0).

Earlier this season, the Falcons defeated Southwestern 40-9, and both Southwestern and Jamestown have been in the top 10 in WNY as chosen by a poll of area coaches.

Falconer's starting lineup shows no weaknesses, and the lightweights are particularly awesome.

Troy Lefford starts things off for coach Davenport at the 98 spot and is immediately followed by fellow 10th grader Joel Sopak. Last year, Sopak put together a 19-2-1 record as a freshman.

Then opposing coaches are faced with the Waddington brothers, Rob at 112, and senior Jeff at 126. Between them is Dan Baglia, a junior who is looking to improve on his 10-10-1 record of a year ago.

Rob Waddington wrestled to a 30-5 year last season as a freshman while big brother Jeff has a 109-16 career record

going into this week's action. Last year, he lost just twice in 35 matches and represented the Section for the second time at the state tournament in Syracuse.

"My goal this season is to win the states," says Jeff. "The last 2 times I choked."

Waddington is favored to represent the Section again this year, but there are a bunch of good 126 pounders on this side of the state who are spending a lot of time and effort to occupy that spot on the Section VI team this March.

Fred Nutt, of Jamestown, was expected to give Waddington a real battle when they met last Wednesday, and he did, although Falconer's most prolific mat performer came out on top with an 11-4 decision. The match was actually much closer than the score indicated. Waddington went into the final period up by only 3 points, but quickly countered Nutt and sent him to his back to give himself all the breathing room he needed.

"Fred was too strong for me to hold on his back," states Waddington, who says he always tries to end his matches with a fall. He holds a great deal of respect for Nutt as well as 2 of his other competitors, Chuck Denecke of Hamburg, and Ron Leder of Salamanca.

It is hard to discover and describe what it is about Waddington that keeps him dominating his opponents. He doesn't look exceptionally strong or quick, and by his own admission, he does not possess as much natural ability as some other wrestlers, but just try and beat him.

He seems to move instinctively from one move into another with no hesitation. He says he has been wrestling since third grade and he hopes to continue at the collegiate level.

Sophomore Ray Norton and 138-pound senior Frank Conti follow Waddington in the Falconer arsenal. Conti wrestled to an 18-12-1 record last season.

Brad Brainard, a sophomore, and juniors Dan Lindquist and Jim Schwab occupy the 145-167 spots for Davenport, and Lindquist and Schwab had 22-7 and 25-7 records, respectively, a year ago.

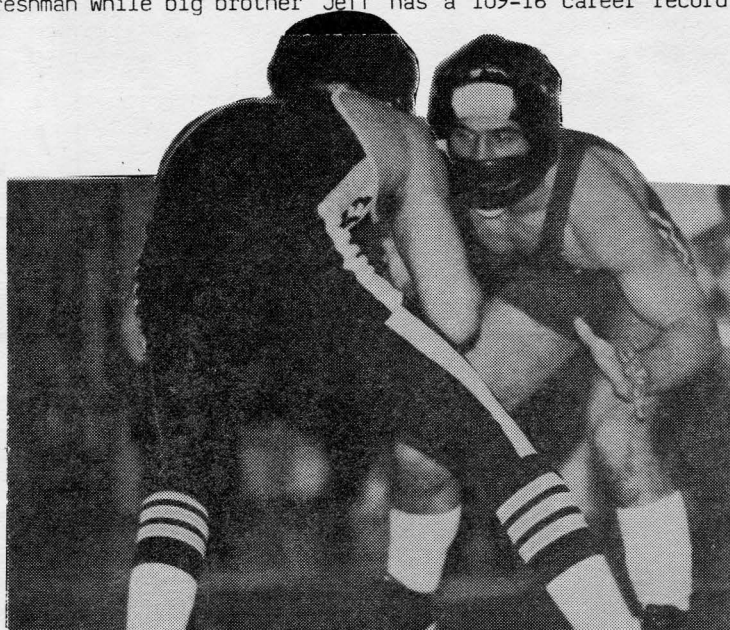
Scoring points for the Falcons in the upper weights are Chuck Overturf (18-12 last year), Lee Lodestro (12-9) and 250 pounder Anthony Milliner.

Falconer will lose just 6 wrestlers to graduation next year, because only Jeff Waddington, Conti, Overturf, Dave Russell, Bob Carson and John Overend are seniors.

Davenport feels his team will receive some stern tests after the Christmas break when they meet Olean and Maple Grove and also enter some tough tournaments.

The Falconer roster lists 15 tenth graders on a 35 man list. Nine younger wrestlers on this year's team and a strong "Kid Program" will continue to keep little Falconer dining with the Section's wealthiest teams for many more seasons.

As for the others, "Let them eat cake".



Jamestown 126-pounder, Fred Nutt, looks through his mask for a way to beat Falcon senior, Jeff Waddington. He didn't find one and wound up losing 11-4 in Falconer's 57-3 team victory.



MAT MATTERS
by
Chuck Massaro

A lot of people may not know this, but Santa Claus used to wrestle when he was younger. It's true. He wrestled heavyweight for the University of the North Pole. He only lost twice while he was at UNP, and both losses were controversial ones at the hands of the "intelligent, sensational Destroyer".

With his considerable amount of expertise in the sport, Santa should be able to realize what the wrestling community would like most for Christmas. It is something the wrestlers, coaches and parents have wanted as a present for generations, and so far, it is something that Santa and those lightweights he calls his elves have not been able to supply.

I'm babbling about a solution to the problem of making weight. I don't know if there really is an answer, but I wish somebody would try something to save everyone involved with the sport all the agony and suffering that come with the five, ten or more pounds a wrestler loses just before weigh ins.

When you're cutting weight, you are hungry, thirsty, irritable, cranky, etc. etc., no one can talk to you and you can't do anything but lay around, hope to go to the bathroom and think about restaurants and water fountains. You do all this so you can go down a weight class and avoid being thrown around the mat by some monster who should be 2 weight classes higher. Instead, you go down and get thrown around the mat by some runt who didn't cut any weight and who has something you had about 10 pounds ago, namely strength and energy.

Armand Cacciatore, coach of Niagara Wheatfield, has at least tried to change things when he submitted his plan for certification to the state governing body, but they gave it back without a serious trial.

He suggests certifying early in the season at one weight and then making the wrestlers wrestle at the next highest weight class throughout the season. There are some bugs, of course, but at least it is an effort to change this situation for the better. It can't be too much worse than it is now, right?



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We welcome any contributions or suggestions you can offer. Please send any photos, stories, ideas for stories, letters, etc. that you think the rest of the wrestling community would be interested in seeing.

COMING ATTRACTIONS

- Thursday, Dec. 23- St. Francis Tournament
- Monday, Dec. 27- Newfane Tournament
- Tuesday, Dec. 28 - Olean Tournament, Eisenhower J.V. Tournament
- Wednesday, Dec 29 - Akron Tournament Spencerport Tournament

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WNY GIANTS CRUSH FOES

Southwestern was one of several teams in Section VI that would have made the legendary "Goliath" very proud last week. The Trojans showed little mercy for Frewsburg, Wednesday, which went into the match in Jamestown trying to slay one of the area's wrestling giants, but Southwestern won handily 56-6.

Albion, Sweet Home, St. Francis, Pioneer, Salamanca and Falconer were also very miserly with the points last week, and the latter 3 teams even went as far as to shutout their underdog opponents. Falconer did it 3 times.

"Our lightweights gave us a lot of momentum with 3 quick pins." stated Southwestern coach Walt Thurnau. He said that what happened early in this season's match with the Bears was the opposite of what happened a year ago.

The coach was very pleased with the way Tom MacTavish (145), Ken Trimmer (105) and Jeff Smith (Hwt) have been wrestling so far this year, and thought George Ciancio (119) has shown the most improvement since last season.

MacTavish, Trimmer, Smith, Craig Swanson (91), Mike Verdisco (98), and Clint Carlson (155) all scored falls against the Bears for Southwestern.

THE GRAPPLING QUESTION: CHANGE TO FREESTYLE ?

by Larry Cohen

There has been a definite shift in recent years toward freestyle, or international style wrestling, with quicker stalling calls, the discontinuation of riding time and the pronounced changeover to freestyle in summer tournaments.

Proponents of the change to freestyle in college or high school wrestling argue that the U.S. would be more competitive on the international level (Who doesn't relish the thought of beating the Russians for the team championship at the Olympics in Los Angeles?) Canada has taken this step, with the hope of better their performances on mats around the world. Many persons also believe that freestyle is more esthetically pleasing, action oriented and thus more appealing to the fans.

Opponents to a change might argue that collegiate (folkstyle) is an American tradition not unlike football. They could say that our wrestlers can and have adapted when wrestling internationally, and that to make the change would cause us to lose our unique and traditional style.. A second argument to the freestyle change for high schoolers is that the difficulty in this changeover would cause confusion among fans, coaches and wrestlers alike. Would we then be alienating our formerly avid fans and could

our coaches adapt?

Finally, should we work more diligently towards modifying our H.S. rules so that, for example, if there are no back points scored after 30 seconds on the mat, both men shall be returned to their feet?

We at the WNYWN want to know what you think. We invite you to write and tell us where you stand.

TAKEDOWN ARTISTS

The High Amplitude Club of NCCC, the Spartan Wrestling Club and the Clarence Wrestling Club jointly sponsored a series of 3 takedown tournaments in June, July and Aug.

Points were awarded for place finishes in the Greco-Roman, freestyle and collegiate style tournaments.

Although striving to win is an integral part of any competition, this one helped over 250 wrestlers develop their takedown skills, stay in shape, prepare for summer tournaments and the Empire State Games, try new moves and try new styles like Greco and freestyle.

In this competition, 2 out of 3 takedowns won a match and a wrestler was eliminated after 2 losses. Awards were presented to 14 boys who accumulated the most points in each series. They were: Scott Allen (Tona.), Timm Slade (Iroq), Todd Freischlag (L-P), Tim Walker (Will. South), Tony Rotundo, Mike Rotundo and Jeff Ellis (Clar), Tim Shifflet and Tom Shifflet (Sweet Home), Mike Finnerty, Dan Finnerty and Mike Tucker (Ken East), Ken Coppela (R-H) and Bob Hilliard (N F).

The directors and coaches enjoyed the project so much that they are willing to run it again next year and they would like you to get involved. For more information, keep reading the WNY Wrestling News.

"Experience breeds Confidence".

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WNYWN Rankings December 21, 1982

1. Pioneer
2. Falconer
3. Maple Grove
4. Iroquois
5. Niagara Wheatfield
6. Sweet Home
7. Orchard park
8. Olean
9. Southwestern
10. Salamanca
Tonawanda
Lancaster

SLADE BROTHERS LEAD CHIEFS TO TEAM TOURNEY TITLE

Iroquois coach Fred Marcheson was very happy with the performances of his wrestlers as they hosted and then won the 8-team Iroquois Invitational, Saturday.

The Chiefs took the team title in commanding fashion and claimed first place in 6 weight classes, second in another and third in 3 more.

Superstar Todd Slade pinned Hamburg's Ed Foy in 1:25 of the 138 finals match to culminate a day that included him being named as the tournament's most outstanding wrestler.

Todd's brother Timm won the very tough 167 title by beating Brian Schoenle of Williamsville South 11-5 in the finals. Depew's Darren Caparaso took home third place at that weight, but missed a chance at the finals when he let Schoenle come back from a 6-3 deficit in the last 1:30 of their semi-final match.

Ed Kostrzebski (145) and Mike Sly (98) each won their weights even though both had experienced their first varsity matches the night before. Kostrzebski escaped in the final 35 seconds to defeat Mike Difiglia of West Seneca East, 2-1.

Also winning for Iroquois were Rick Kingsley (155) and co-captain Marty Wallace (112) who decisioned Tom Kurtz of Depew 9-2. Kurtz got into the finals by winning close matches against 2 fine wrestlers: Dan Shaw (Williamsville South) and Paul Delano (Cheektowaga).

Hamburg continued to show exceptional tournament strength by placing 5 wrestlers in the finals and by winning 3 titles. Ron Smolinski, who earlier in the week defeated John Hoffman of Pioneer 4-3 (Hoffman went to the states last year after a 28-4 season), outfought strong Chris Osmanski (WSE) 7-1 in the finals at 177.

John Ayre and Chuck Denecke continued to dominate at 119 and 126 respectively, as Ayre downed Jim Michael (Will. South) 5-2, and Denecke hammered Mike Wisiorek (Depew) 16-1.

Kelsey Granville (91) and Lenny Testa (132) won titles for Will. South while Andy Skrypyk (215) of WSE, Marty Niedermeier (105) of second place Lake Shore and Mike Abramo (250) of Frontier also won. Niedermeier won in overtime after scoring an escape and a takedown in the last 36 seconds of regulation to take Darryl Gattuso (Depew) into overtime.

OP POWERS PAST SENECA EAST

by Chuck Massaro



Dennis Ryan (dark singlet) throws Dan Frontera to his back for one of the many 5-point moves that OP varsity and B team wrestlers scored against WSE. Ryan pinned to win in 1:57.

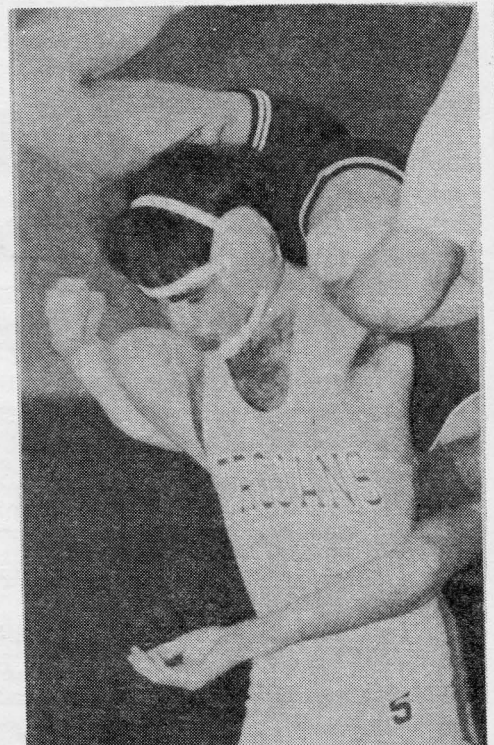
Orchard Park scored pins in 6 of the first 7 weight classes to build a lead that West Seneca East was never able to recover from, as the Quakers won their Friday night match 42-23.

Bob Briedenstein and Dave Ferreri started OP on the winning track with falls at 98 and 105, Ferreri's coming in just 15 seconds.

Gary Dudas pinned Pat Campion at the very end of the first period to interrupt the OP pin parade, but 4 Quakers, Art Giannichi, Bill Pope, Dan Nicoloff, and Dennis Ryan, put OP in front 36-6 going into the 145 bout.

Mike Difiglia pinned at 145 for WSE, and Keith Broad scored 10 third period points en route to a 19-6 decision over John Rozecki.

Pat Furey put the win away for the Quakers when he split and pinned Bernie Wipperman at 167. Chris Osmanski won 12-5 at 177 for WSE, while teammate Andy Skrypyk edged Mark Hudak at heavyweight, 4-2.



Seneca East sophomore Chris Hart stands with OP's Art Giannichi on his back. Giannichi won by a fall in 1:06 of the 119 match.

SPORTS PSYCHING

by
Richard Kosiorek



The purpose of these weekly columns will be to present the wrestler and coach with a comprehensive system of specific mental and medical training methods and techniques. When utilized properly, they will enhance skill learning and wrestling performance.

When you were born, you took your first deep, full breath. As you grew older, however, you developed poor and unhealthy breathing habits which replaced the natural deep breathing pattern you were born with. In fact, the diaphragm has become "frozen", showing little to absolutely no movement at all. In our American culture, we all tend to breath totally with the chest muscles. We have been taught to hold our stomachs in and our chests out. It looks great, but this posture inhibits relaxful, efficient breathing. Learning to breath properly again is the first step in learning to gain control over your mind and body. The deep diaphragmatic or "belly" breathing is the foundation from which all self-psyching strategies and techniques evolve.

Stress creates anxiety (nervousness) and tension. Anxiety creates tension and chest breathing. tension tends to constrict the muscles in your

neck, throat and chest. It is as if the body wants to produce a muscle-hard armour as protection from the threat of attack. The tension in this area causes you to breath rapidly and shallowly, to make up for less air being allowed in and out. If you are wrestling, this creates a problem; you need more oxygen to carry on your vigorous muscle activity, but your breathing is inhibited by tension. This in turn creates feeling of being out of control, thus creating even more anxiety and tension. The quickest way to panic is to have your air supply cut off, and even minimal interference is enough to be very stressful.

Deliberately slowing and deepening your breathing for a short while will have a calming effect. By re-establishing your conscious control over your breathing, you will then get a great sense of reassurance and peace of mind.

Chest breathing is directly related to the activation response of the "freeze-fight-flight" mechanism. Belly breathing is directly related to the relaxation response. The result of chest breathing is to maintain a constant state of arousal which is very stressful to the mind and body. You are simply unable to relax. In contrast, belly breathing creates an inner state of calm and relaxation of the mind and body.

Next Week: Exercises and rating scales to help you control your breathing.



WHAT'S UP DOC?
by
A. Charles Massaro, M.D.

"Making weight" remains one of the most discussed and controversial issues in wrestling. To the wrestler, making weight is important because he to certify at a certain weight class that will give him the best advantage in competition. To the coach, making weight is important because he is able to arrange his lineup so that he is utilizing his wrestlers' skills to the utmost. To the parents, making weight is important because they want to maintain the best possible health status for their son.

There are several techniques for predicting a safe minimal weight for wrestlers. The most popular is the Icheng-Tipton method which was developed at the University of Iowa. It calculates, based on anatomical measurements (height, body type, etc.), how much each individual can lose without endangering his physical well being. If this, or other methods are not used to determine minimal weights, an estimate of 5% below normal weight can be used.

The most healthy way to make weight is to begin weight loss several weeks prior to certification. This weight can then be maintained by the judicious selection of a well-balanced diet with sufficient calories to maintain weight.

To lose weight in a very short time by food restriction, fluid deprivation and dehydration can actually lead to poor performance and physiological changes. How many parents have suffered through the agony of watching their son refuse to eat or drink just before a match? How many wrestlers have suffered mentally and emotionally watching their friends and family partake of tempting food and drink while they were making weight? How many coaches have struggled with decisions to advise a wrestler on moving down a weight class? How many school physicians have had to deal with the pressure of weight certification?

Somewhere between conflicting opinions is the answer. The wrestler should strive to certify at a weight class that is medically safe and also athletically best for him. Weight reduction should begin early in the season and be maintained with a good diet. Wrestlers, parents and coaches all want the same thing. They want a healthy, strong wrestler at an ideal weight class so that he may perform at his very best.

Next time, we will discuss what the wrestler's body needs to yield the best performance. We will also learn what happens to the body when too much weight has been lost in too short a time.

Pioneer	42	Hamburg	18
98-PJ Romesser	WBF	Ken Baginski	2:55
105-Dave Simons	WBF	Kevin Dziub	1:05
112-Eric Romesser	WBF	Mark Lupisella	3:15
119-Stan Krolick		John Ayre	dec
126-Sean Murry	2:35	Chuck Denecke	WBF
132-Mike Carder	3:40	Tim Connelly	WBF
138-Jim Doyle	9	Ed Foy	4
145-Jim Haggerty	11	John Lee	4
155-Ron Dabolt	WBF	Dan Kelly	1:05
167-Eric Slocum	WBF	Steve Norward	5:26
177-John Hoffman	3	Ron Smolinski	4
Hwt-Jim George		forfeit	
Pioneer	69	East Aurora	0
98-PJ Romesser	WBF	Jeff Woodworth	5:50
105-Simons	WBF	Ron Hoffman	3:00
112-Troy Almeter	WBF	Pat Bork	2:57
119-Eric Romesser	WBF	Bill Putney	1:30
126-Stan Krolick	8	Tim NoJaim	3
132-Mike Galioto	WBF	Tim Garry	:46
138-Doyle	WBF	Mike Talban	1:35
145-Haggerty		forfeit	
155-Dabolt		forfeit	
167-Hoffman		forfeit	
177-Aarni Mattson		forfeit	
Hwt-Gerry George	WBF	David Castro	:23
Pine Valley	45	Cattaraugus	15
98-Paul Diaz		forfeit	
105-Wayne Raub		forfeit	
112-Tim Sheldon	1:04	Paul Bryant	WBF
119-Andy Maecham	5	Larry Studley	2
126-Forfeit		Kyle Wilkins	
132-Tom Ellis	WBF	Steve Walker	:28
138-Ken Austin	WBF	Mike walker	3:57
145-Todd Everhart	10	Sonny Ortner	0
155-Kip Gross		forfeit	
167-Keith Fish	11	Dave Lacey	5
177-Kevin Bailey	WBF	Ken Armstrong	1:54
Hwt-Eric Everhart	1	Mike Bogardus	2
Kenmore East	34	Clarence	27
98-Mike Kahan	1	Tony Rotundo	7
105-Mike Finnerty	14	Paul Myers	0
112-Frank Verdi	9	Mike Rotundo	3
119-Dan Finnerty	17	Greg Schuler	0
126-Mark Dickerson	6	Joe Beaser	0
132-Joel Gardner	won	Steve Skorupski	disq
138-Mike Tucker	WBF	Bill Gibson	4:39
145-Mike Sidorski	3:56	Mike Snyder	WBF
155-Ron Jones	WBF	Brian Smith	1:53
167-Brandell	2:24	Rod Duttweiler	WBF
177-Delattere	2:14	Dave D'Amico	WBF
Hwt-Jeff Kurbiel	3:21	Jeff Ellis	WBF
Tonawanda	34	Clarence	22
98-Brad Salmon	5	T Rotundo	9
105-Craig Allen	3:06	Myers	WBF
112-Scott Allen	4	M Rotundo	6
119-Mark Regalla	12	Schuler	4
126-Dennis Caylor	WBF	Beaser	3:22
132-Doug Caylor	WBF	Skorupski	:27
138-Lyons	4	Gibson	4
145-Chris Marino	WBF	Snyder	2:34
155-Scott Lindahl	3	Smith	8
167-Rich Postula	3	Duttweiler	19
177-Mike Brock	13	D'Amico	5
Hwt-Dave Gross	1:01	Ellis	WBF
Pine Valley	39	Fredonia	23
98- Paul Diaz	9	Mike Mercurio	12
105- Wayne Raub	5:40	Chuck Conti	WBF
112- Tim Sheldon	WBF	Lieder	1:43
119- Andy Meacham	9	Larry Porter	1
126- forfeit		Chris Shaw	
132- Tom Ellis	6	Pete Paul	4
138- Ken Austin	4	Todd Reynolds	4
145- Todd Everhart	5:12	Rod Larson	WBF
155- Kip Gross	WBF	John Rowicki	1:25
167- Keith Fish	WBF	Brian Fortney	1:38
177- Kevin Bailey	WBF	Young	4:21
Hwt- Eric Everhart			

Salamanca	63	Fredonia	0
98-Dave Givens	WBF	Mike Mercurio	1:33
105-Mark Swiech	5	Chuck Conti	4
112-Joe Mohr	WBF	Mike Lieder	:53
119-Todd McFarlin	11	Larry Porter	10
126-Ted Leder	WBF	Chris Schall	5:41
132-Ron Leder	22	Todd Reynolds	0
138-Dave Zariczny	WBF	Mike Leone	2:51
145-Todd Titus	12	Ron Larson	4
155-Ed Dry	WBF	Barry Davis	1:56
167-Carl Muzi	WBF	Brian Fortney	:55
177-Jay Haley	WBF	Brian Young	1:05
Hwt-Mike McClune	WBF	Carl Mosier	:37
Salamanca	53	Frewsburg	11
98-Givens	WBF	Keith Johnson	:22
105-Swiech	13	Curt Swanson	12
112-Mohr	14	Jeff Thomas	4
119-McFarlin	9	Cliff Sleasman	28
126-T Leder	18	Lou Hartzell	5
132-R Leder	28	Bob Butters	5
138-Zariczny	WBF	M Thierfeldt	1:22
145-Titus	15	M Lauffenburger	2
155-Dry	WBF	Jim Cappano	3:11
167-Muzi	WBF	Scott Hedlund	1:04
177-Haley	2:45	Scott Pollock	WBF
Hwt-Ed Eberle	WBF	Ray Bentley	5:09
Salamanca	58	Ripley	12
98-Givens	WBF	John Sargent	:13
105-Swiech		forfeit	
112-Mohr		forfeit	
119-McFarlin	1:14	Dave Freeman	WBF
126-T Leder		forfeit	
132-R Leder	WBF	Travis Abbey	3:46
138-Zariczny	WBF	Bill Collins	1:51
145-Titus	15	John Gibbs	4
155-Dry	WBF	Bill Morris	5:34
167-Muzi	WBF	George McCorman	1:39
177-Haley	3:39	Rod Citel	WBF
Hwt-McClune	WBF	Brian Segden	4:52
St. Francis	63	St. Mary's (Lanc)	6
Tonawanda	51	Maryvale	12
98-Salmon	3	Matt Haberl	9
105-C. Allen	WBF	Terry Hall	1:40
112-s. Allen		forfeit	
119-Regalla	1:22	Gary Wurst	WBF
126-Dennis Caylor	WBF	Paul Tripi	5:51
132-Doug Caylor	WBF	Don Horbett	2:22
138-Kirk Gilcart	7	D. Lattimore	4
145-Marino	WBF	Todd Greiner	1:39
155-Lindahl	1	Blair Wiseman	3
167-Postula	WBF	Dino Miranda	2:55
177-Mike Brock	WBF	Dave Rogers	2:44
Hwt-Dave Gross	WBF	Tom Schultz	5:18
Iroquois	43	Maryvale	14
98-Mike Sly	0	Haberl	12
105-Mike Wier	WBF	Hall	:49
112-Marty Wallace		forfeit	
119-Jeff Slade	14	Wurst	9
126-Marc Stanley	10	Tripi	2
132-Joe Schopper	WBF	Horbett	2:28
138-Todd Slade	12	Lattimore	0
145-Ed Kostrzebski	16	Greiner	6
155-Rick Kingsley	8	Wiseman	3
167-Timm Slade	WBF	Mirando	4:46
177-Doug Fratt	6	Rogers	10
Hwt-Chris Ross	:28	Schultz	WBF
Southwestern	56	Frewsburg	6
91- Craig Swanson	WBF	Johnson	:49
98- Mike Verdisco	WBF	Rob Verga	5:04
105- Ken Trimmer	WBF	Swanson	3:34
112- Bill Sprigg	4	Thomas	2
119- George Ciano	6	Sleasman	3
126- Eric Reynolds	3:43	Hartzell	WBF
132- Tyler Northrup	14	Butters	4
138- Ken Bly	11	Brad Long	3
145- Tom MacTavish	WBF	Cappano	:30
155- Clint Carlson	WBF	Bob Swartz	1:16
167- Dan Morgan	12	Larry Tompkins	5
177- Kevin Smith	7	Pollock	4
Hwt- Jeff Smith	WBF	Bentley	1:51

Jamestown CC	38	Niagara CCC	8
118-Dean Valenti	13	Don Smith	4
126-Greg Wren	11	Theo Morley	11
Rich Azzano	8	Stan Grobsmith	8
Steve Azzano	WBF	Pete Schifert	:56
John Jaekle	8	Jim Krolczyk	4
Joe Santilli	WBF	Bill Pfentner	1:47
Mike Heim	7	Dan Pfentner	0
Pat Zito	1	Paul Lukaszonas	10
Scott Hall		forfeit	
Rick Mott	WBF	Mark Crane	1:52

Iroquois Invitational-Dec. 18, Iroquois H.S. team scores-Iroquois 171.5, Lake Shore 114.5, Hamburg 109.5, Williamsville South 96.5, Cheektowaga 92, Depew 80.5, West Seneca 74, Frontier 37.

- 91-1. Kelsey Granville, Will. South**
 - 2. Kevin Davis, Lake Shore
 - 3. Dave Wells, Hamburg
 - 4. Ed Smith, W.S. West
- 98-1. Mike Sly, Iroquois**
 - 2. John Barberio, Cheektowaga
 - 3. Mike White, Lake Shore
 - 4. Ron Barringer, Frontier
- 105-1. Marty Niedermeier, L.S.**
 - 2. Darryl Gattuso, Depew
 - 3. Mike Wier, Iroq.
 - 4. Tom Falter, Cheek.
- 112-1. Marty Wallace, Iroquois**
 - 2. Tom Kurtz, Depew
 - 3. Paul Delano, Cheek.
 - 4. Dan Shaw, Will. South
- 119-1. John Ayre, Hamburg**
 - 2. Jim Michael, Will. South
 - 3. Dave Smyth, L.S.
 - 4. Ken Pease, Cheek.
- 126-1. Chuck Denecke, Hamburg**
 - 2. Mike Wisiorek, Depew
 - 3. Darrin Heppner, L.S.
 - 4. Marc Stanley, Iroq.
- 132-1. Len Testa, Will. South**
 - 2. Tim Connelly, Hamburg
 - 3. Joe Schopper, Iroq.
 - 4. Jim Shields, Cheek.
- 138-1. Todd Slade, Iroquois**
 - 2. Ed Foy, Hamburg
 - 3. Joe Edgerton, L.S.
 - 4. Joe Lauria, Will. South
- 145-1. Ed Kostrzebski, Iroquois**
 - 2. Mike Difiglia, W.S.W.
 - 3. Greg Merk, L.S.
 - 4. Gary McLouth, Will. South
- 155-1. Rick Kingsley, Iroquois**
 - 2. Keith Broad, W.S.E.
 - 3. Dave Harmon, L.S.
 - 4. Scott Phelan, Cheek.
- 167-1. Tim Slade, Iroquois**
 - 2. Brian Schoenle, Will. South
 - 3. Darren Caparaso, Depew
 - 4. Steve Norward, Hamburg
- 177-1. Ron Smolinski, Hamburg**
 - 2. Chris Osmanski, W.S.E.
 - 3. Doug Fratt, Iroq.
 - 4. Joe Fowlow, Depew
- 215-1. Andy Skrypczak, West Seneca East**
 - 2. Damon Walter, Cheek.
 - 3. Jeff King Frontier
 - 4. John Gembka, Depew
- 250-1. Mike Abramo, Frontier**
 - 2. Fred Miley, Iroq.

Trivia Answer:
 Dave Young, from Lancaster placed 5th in the NCAA Nationals in 1982

LAST WEEK

Albion		34	Elba		16
98- Mike Conn			2	Bill Lyons	7
105- Hillman	WBF		T. Zerecekes	:55	
112- Mitchell	WBF		Carl Foust	1:31	
119- Christopher		4	Greg Hill	9	
126- Johnston		3	Panrazio	5	
132- Swan	WBF		Armson	1:36	
138- Snell		13	Banks	2	
145- Walls		7	Lund	2	
155- Sacco		1	Petote	10	
167- Pahuta		8	Engle	0	
177- Knaak		2	Medoff	4	
Hwt- Bourke	WBF		Woods	1:54	
Albion		58	Pembroke		3
105- Hillman	WBF		Jim Cullen	2:59	
112- Mitchell			forfeit		
119- Christopher	WBF		Mike Floss	:47	
126- Johnston		9	Dave Ranlett	4	
132- Swan	WBF		John Gloss	2:21	
138- Snell	WBF		Brad Laude	2:32	
145- Walls		15	John Summers	5	
155- Sacco		11	Russ Capperman	1	
167- Pahuta		2	Jim Meier	6	
177- Knaak	WBF		Don McLaughlin	4:17	
Hwt- Bourke	won		Darren Sauner	def	
Cassadaga Valley		31	Frewsburg		30
98- Matt Hall	2:55		Keith Johnson	WBF	
105- Steve Brown	1:58		James Gremer	6	
112- Chris Baca	1:58		Jeff Thomas	WBF	
119- Marty Nichols	7		Cliff Sleasman	2	
126- Mark Edwards	6		Louie Hartzell	5	
132- Andy Pinoitore	4:45		Bob Butters	WBF	
138- Rick Leno	WBF		Brad Long	4:26	
145- Steve Penhollow	7		M. Lauffenburger	6	
155- Brad Blizzard	WBF		Bob Swartz	:55	
167- Daryl Lewis	3:53		Todd Carlson	WBF	
177- Noel Ames	WBF		Sean Carney	5:49	
Hwt- Mike Norberg	3:41		Scott Pollock	WBF	
Cassadaga Valley		39	Randolph		28
98- Hall		8	Dave Benson	5	
105- Brown	WBF		Scott Scheffield	:27	
112- Baca		12	Roy Stillman	20	
119- Nichols	WBF		John Milliman	3:18	
126- forfeit			Tim Neal		
132- Pingitore	1:32		Mark Evans	WBF	
138- Lanc	WBF		Bob Hoxie	3:35	
145- Penhollow	WBF		Kenton White	1:12	
155- Blizzard	WBF		Troy Smith	2:56	
167- Ames			forfeit		
177- forfeit			Brad Jackson		
Hwt- Norberg	:30		Tom Pitts	WBF	
Will. East		30	Anherst		29
98- Remsen		10	Ewers	2	
105- Rogers	WBF		Zaleski	1:22	
112- Mike Costanzo		14	Catania	1	
119- Jeff Costanzo	WBF		John Daly	5:27	
126- Mike Pieri		2	Andy Ewers	6	
132- Dugan		4	Fulton	4	
138- Provost	4:55		Bill Cleary	WBF	
145- Sano	1:38		Ginter	WBF	
155- Suchyna		7	Mercurio	4	
167- Premielewski		15	Inlefeld	6	
177- forfeit			Kevin Cleary		
Hwt- forfeit			Don Braun		
Starpoint		32	DeSales		24
98- Geno Barone		25	Eric Crimi	3	
105- Jim Tabor		5	Bill Langton	8	
112- Eric Maerten		0	Tom Cinelli	5	
119- Tim Waid		6	John Mullane	13	
126- Joe Papin	12		Paul Smith	3	
132- Don Luscher		13	Kevin Stevenson	0	
138- Sam Mattina	disq		Chris Scinta	won	
145- Dean Kenny		2	John Fay	8	
155- Doug Barney	WBF		Mark Zastrow	:51	
167- Bruce Ulrich	1:51		Tom Mullane	WBF	
177- Pat Brown	WBF		Charles Murohy	1:00	
Hwt- Dan Bright			forfeit		

Falconer		59	Fredonia		0
98- Troy Lefford	WBF		Mike Mercurio	:59	
105- Joel Sopak		9	Chuck Conti	0	
112- Rob Waddington			forfeit		
119- Cliff Green		9	Larry Porter	0	
126- Dan Baglia	WBF		Chris Shaw	4:30	
132- Jeff Waddington		9	Peter Paul	1	
138- Frank Conti		17	Todd Reynolds	1	
145- Dan Lindquist	WBF		Rod Larson	4:37	
155- Jim Schwab	WBF		John Rowicki	:35	
167- Dave Russell	WBF		Brian Fortney	3:18	
177- Chuck Overturf			forfeit		
Hwt- Lee Lodestro	WBF		Carl Mosier	3:50	
Unl- Anthony Milliner	WBF		Stew Christy	:54	
Williamsville South		43	Will. East		19
98- Kelsey Granville		3	Scott Rogers	13	
105- Greg Sayer	3:10		Mike Costanzo	WBF	
112- Dan Shaw		8	Jeff Costanzo	4	
119- Jim Michael	WBF		Dan Benfanti	1:11	
126- Sam Rotella		4	Mike Pieri	10	
132- Len Testa	WBF		Bob Dugan	5:19	
138- Tim Walker	WBF		Bill Provost	:57	
145- Gary McLouth	WBF		Mike Sano	4:18	
155- Mike Holz	1:30		Tom Suchyna	WBF	
167- Brian Schoenle		10	C. Premielewski	1	
177- Andy Utz	WBF		Pete Weinstein	5:17	
Hwt- Chris Utz			forfeit		
Lancaster 37		37	Will. North		24
98- John Cippola		0	Ken Weintraub	10	
105- Dave Landseadel		3	Phil Gaulin	6	
112- Scott Moll	1:48		Jerry Daigler	WBF	
119- Jeff Wilde		2	John Richardson	6	
126- Eric Sponholz	2:40		John McGee	WBF	
132- Mike Nicosia		5	Jim Donorovich	5	
138- Chris Saffire	WBF		Greg Buckley	5:27	
145- B Wienckowski		21	John Fiore	0	
155- Jim Romano	WBF		Tom Chirayath	1:02	
167- Mark Grazen	WBF		Joe Daigler	5:56	
177- Scott McKenzie	WBF		Dave Daigler	2:53	
Hwt- Dave Mazur			forfeit		
Albion 46		46	Attica		9
98- Mike Conn		6	Randy Nutty	2	
105- Darrin Hillman	WBF		Cochrane	1:18	
112- Rawn Mitchell		15	Clark	5	
119- Joe Christopher		2	L. McCleod	8	
126- Eric Johnston	WBF		Smythe	2:32	
132- Bill Swan	WBF		D. McCleod	1:31	
138- John Snell	WBF		Cirsch	3:55	
145- Joe Walls		14	Beechler	5	
155- John Sacco	WBF		Barvarian	1:40	
167- John Pahuta		3	Farrington	5	
177- Eric Knaak	WBF		Beck	3:58	
Hwt- Tim Bourke			Shaw	10	
W. Seneca West		41	Frontier		21
98- Joe Privatera	WBF		Ron Barringer	3:48	
105- Scott Cody	WBF		Jeff Doyle	3:37	
112- Andy Gayeski		12	Tom Page	8	
119- Tom Black		9	Mike Rizzo	2	
126- Mike Grabski		14	Sal Casuccio	2	
132- Ron Cappelozzi	:45		Jay Ribarich	WBF	
138- Dave Rodgers		6	Bob Falcone	7	
145- Steve Wilczak	WBF		Dave Basinski	1:48	
155- Kevin Berkman	5:59		Andre Dunlap	WBF	
167- Augie Taboni	WBF		Mike Skowronski	4:38	
177- John Kwiecinski	WBF		Jeff King	3:21	
Hwt- default			Mike Abramo		
Lancaster		35	Will. East		14
98- Cippolla		6	Tony Remsen	3	
105- Landseadel		16	Rogers	6	

112- Moll		1	M Costanzo	4	
119- Wilde		3	J Costanzo	2	
126- Dan Fruck	5:47		Pieri	WBF	
132- Nicosia		10	Dugan	2	
138- Saffire		6	Dave Clark	7	
145- Wienckowski	WBF		Sano	1:47	
155- Romano		2	Suchyna	8	
167- Grazen		9	Premielewski	3	
177- McKenzie	WBF		Shawn Slattery	:50	
Hwt- Mazur	WBF		Weinstein	3:04	
Depew		31	Anherst		30
98- Mike Omara		5	Tom Ewers	2	
105- Darryl Gattuso	WBF		Matt Zaleski	1:20	
112- Tom Kur*7	WBF		lodd Catania	1:26	
119- forfeit					
126- Paul Inglese	4:18		Andy Ewers	WBF	
132- Mike Wisiorek		9	Tom Fulton	0	
138- Chris Thoms	3:09		Bill Cleary	WBF	
145- G. Kapuscinski		1	Keith Ginter	13	
155- Mark Piazza	WBF		Mike Mercurio	2:54	
167- Darren Caparaso	WBF		Dirk Inlefeld	4:44	
177- Joe Fowlow		6	Kevin Cleary	14	
Hwt- John Gembka		3	Don braun	4	
Lake Shore		31	Hamburg		24
98- Mike White		16	Ken Baginski	3	
105- Marty Niedermeier	WBF		Jobe	1:34	
112- Mike Kasprzyk		8	Mark Lupisella	3	
119- Dave Smyth		7	John Ayre	17	
126- Darrin Heppner		4	Chuck Denecke	10	
132- Tony Militello		4	Tim Connelly	16	
138- Joe Edgerton		1	Ed Foy	4	
145- Greg Merk		20	Cranz	6	
155- Dave Harmon	WBF		John Lee	1:22	
167- Jim Hoffman		3	Steve Norward	9	
177- Phiillips	WBF		Barber	:26	
Hwt- Bob Miller		1:01	Ron Smolinski	WBF	
Sweet Home		33	Clarence		22
98- Tim Shifflet		4	Tony Rotundo	0	
105- John Eder		5	Dan Shefter	6	
112- Brian McInnis		0	Mike Rotundo	10	
119- Mark McInnis		9	Greg Schuler	4	
126- Safwat Shaheed	WBF		Joe Beaser	1:52	
132- Joe Shifflet	def		Scrubski	won	
138- Tony Fumerelle		8	Bill Gibson	2	
145- Kevin Bos	WBF		Mark Snyder	:33	
155- Brad Roberts	WBF		Brian Smith	3:11	
167- Shawn Kelly		1	Rod Duttweiler	4	
177- Mike Betz	3:30		Jeff Ellis	WBF	
Hwt- Ted Wilkinson	WBF		Mike Mattina	:52	
Sweet Home		63	Alden		6
98- Tim Shifflet	WBF		Keith Daucher	:38	
105- John Eder			forfeit		
112- Brian McInnis	WBF		Dave Richards	1:13	
119- Mark McInnis	WBF		Scott Patschke	:25	
126- Safwat Shaheed		26	Mark Calleso	8	
132- Paul Locke	4:07		Jeff Mack	WBF	
138- Bill Rott	WBF		Bill Lieder	3:50	
145- Kevin Bos	WBF		Dave Sherley	4:14	
155- Brad Roberts	WBF		Jim Retzlaff	3:54	
167- Shawn Kelly	WBF		G. Sroczynski	1:14	
177- Mike Betz	WBF		Tim Reed	4:55	
Hwt- Ted Wilkinson			forfeit		

COACHES- call us with results and any other information to give your wrestlers the exposure they deserve.

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