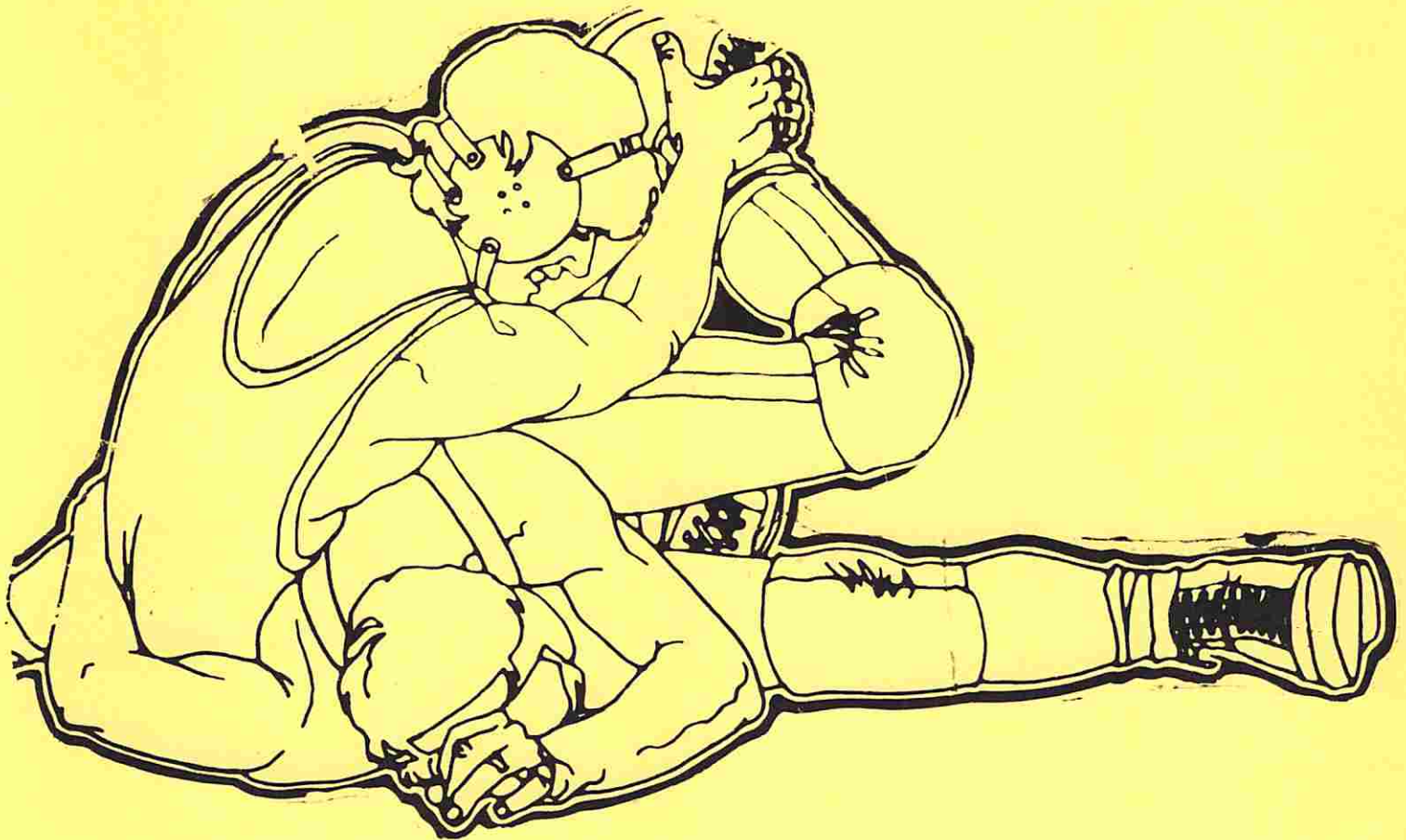


GENESEE-REGION LEAGUE WRESTLING TOURNAMENT

1991

Feb 13, 1993

AT HOLLEY JR./SR. HIGH SCHOOL IN MEMORY OF: JAMIE SWANGER



ARMDRAG.COM

PROVIDED BY JOHN J. GRILLO.

TEAMS

Alexander
Attica
Byron-Bergen
Holley
Kendall

Lyndonville
Notre Dame of Batavia
Pavilion
Pembroke

50c DONATION

Feb 13, 1993

TOURNAMENT OFFICIALS

Mr. Mike Giaglos
Mr. Tony Lamonica
Mr. Russ Tronolone
Mr. Mike Strasburger
Mr. Bob Breidenstein

HOLLEY ADMINISTRATION AND STAFF

Mr. Russell Rees - Superintendent
Mr. John Heise - High School Principal
Mr. William Pileggi - Middle School Principal
Ms. Sandra Voigt - Elementary School Principal
Mr. James Palermo - Athletic Director
Mr. Jim Sauberan - Tournament Director
Mr. John J. Grillo - Site Director
Mr. George Lonnen - Head Scorer
Holley Sports Boosters - Refreshments

TEAM SCORING

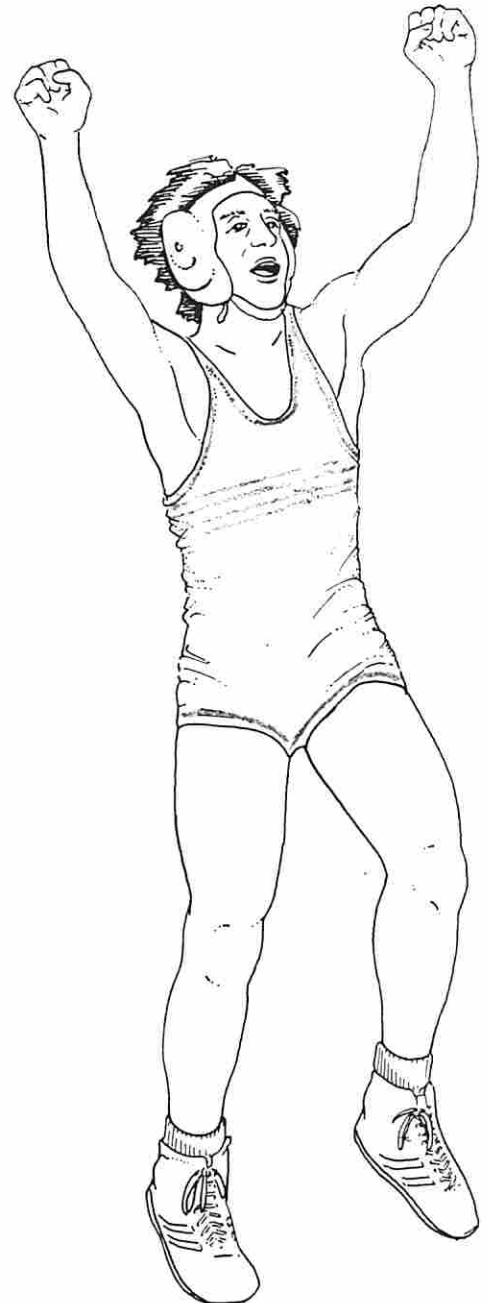
14 points - 1st Place
10 points - 2nd Place
7 points - 3rd Place
4 points - 4th Place

APPROXIMATE TIMES

Weigh-Ins - 8:30 - 9:30 a.m.
Coaches Meeting - 9:30
First Round - 10:15
Quarters - 10:45
Semis - 1:00
Wrestle Backs - 2:30
Consolation & Finals - 5:00

GENESEE REGION LEAGUE WRESTLING COACHES

Alexander - Paul Santoro
Attica - Eric Romesser
Byron-Bergen - Mike Jeffords
Holley - John Grillo
Kendall - Jim Sauberan
Lyndonville - Jim Fisher
Notre Dame of Batavia - John Igoe
Pavilion - Timm Slade
Pembroke - Jim Morris



Feb 13, 1993

Dear Mom and Dad,

You always told me to tell you when something is troubling me. I wanted to tell you the other day when you were so upset with me, but I just couldn't. Maybe I can explain now.

Remember last Saturday when I was wrestling and I went after a takedown in the first period? I just about had it, but I slipped and got taken down myself. I could hear you yelling at me for being so stupid. I was sure embarrassed - a little because I slipped, but a lot because you were yelling at me.

Then do you remember yelling what I was doing wrong when I was trying to keep my opponent from escaping? While listening to you I forgot about my opponent. Well, you know what happened - he reversed me and pinned me with a cradle. I didn't feel so bad losing, but I felt terrible afterward when you gave me that "you -dumb-jerk" look.

I know you want me to be a good wrestler. And I try really hard. But when you yell at me all the time it just makes things worse. At first I thought the worse I got the more you yelled, but now I think that the more you yell the worse I get. Maybe if you would encourage me just a little, rather than always criticize me, I would do better.

One other thing, The only time you are happy is when I win. I try really hard, and I want to win too, But some of the kids I wrestle are really good. I feel bad when I lose, but when you get mad at me afterward it only makes it worse. Sometimes it's not what you say, but the way you look at me.

Do you remember sitting at the dinner table at the beginning of the season, and telling me that winning wasn't the most important thing, but making an effort to win was? You said that what you wanted was for me to develop pride in myself and to have fun wrestling. Well, I want to develop pride, but you always remind me of my mistakes. I want to have fun, but you keep taking the fun away. I have tried my very best, but it doesn't seem to be good enough for you.

I don't want to quit wrestling, but I don't want to always feel stupid and embarrassed around the guys. What do you think I should do?

Love,

Your Son

Feb 13, 1993

Dear Wrestlers,

Want to know the secret to being a winning wrestler? Becoming a champion requires only a few vital ingredients.. and they are really no secret. You have to know what you are doing..the techniques, the positions, the moves, and know where you are every minute you are on the mat. And you have to be in top physical condition to be able to make the right moves at the right time.

Anybody can say, "Okay, now I realize what it takes to be a wrestler." But the individuals who really become champions are the ones who know that it takes considerable extra effort, substantially more than what the average athlete is willing to expend. The Olympic quality wrestler is the one who goes out and runs at least 2-3 miles before classes. He is the one who sets up a program of weight-lifting for himself, and follows it the year-around.

It is the attitude of a champion that sets him apart from others and helps him to become a champion. First of all, he derives satisfaction from knowing that while wrestling, he is always attempting to do his best. Winning, of course, will always give you more satisfaction than losing, but in sports there always is a winner, and always a loser. If you know you are doing your best, that is the most you can demand from yourself. The winning will take care of itself.

Another characteristic of a winning wrestler is his willingness to expend an extra effort in the drive for personal excellence by designing his everyday life around his wrestling goals. This is what I did. If I had a job in the summer, it was a job that would help build my strength and overall level of conditioning. If you want to be the best, you need complete, total dedication.

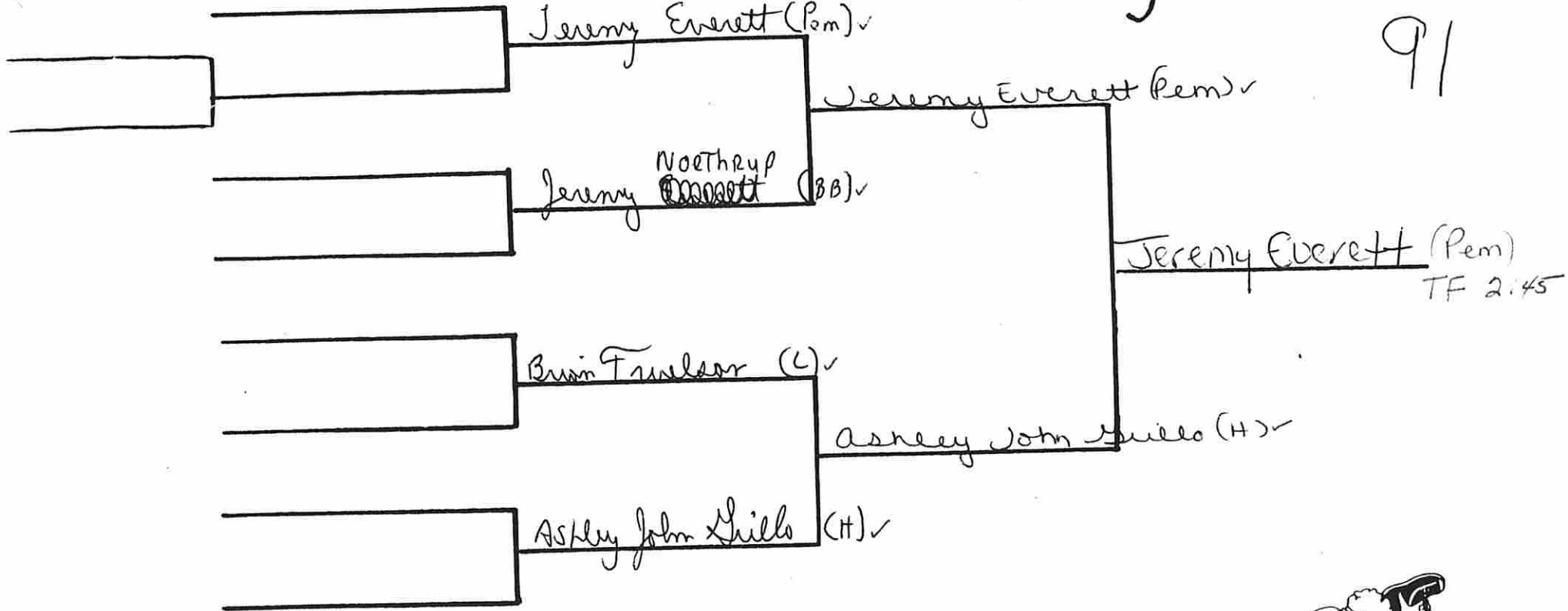
Yours in wrestling,

Dan Gable

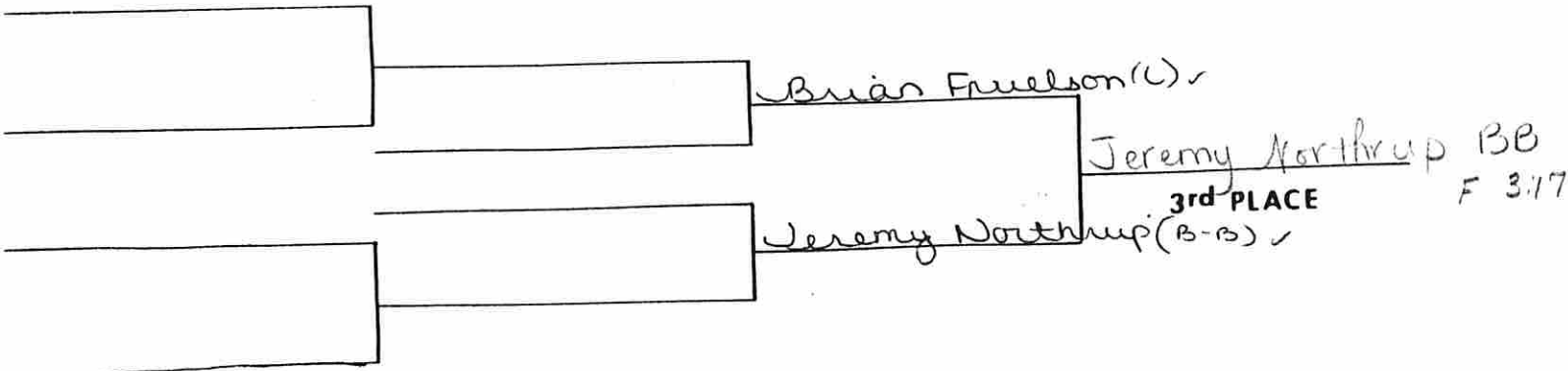
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Genesee Region Wrestling Tournament

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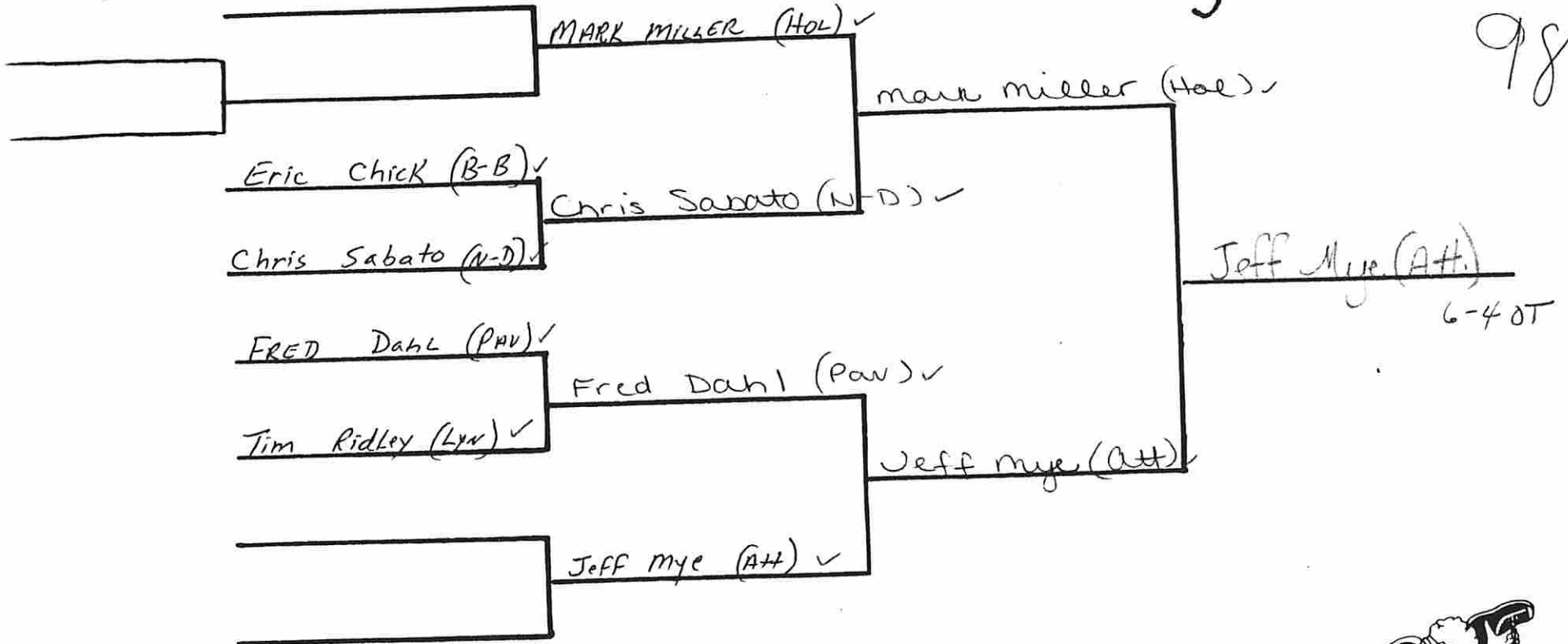
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Genesee Region Wrestling Tournament

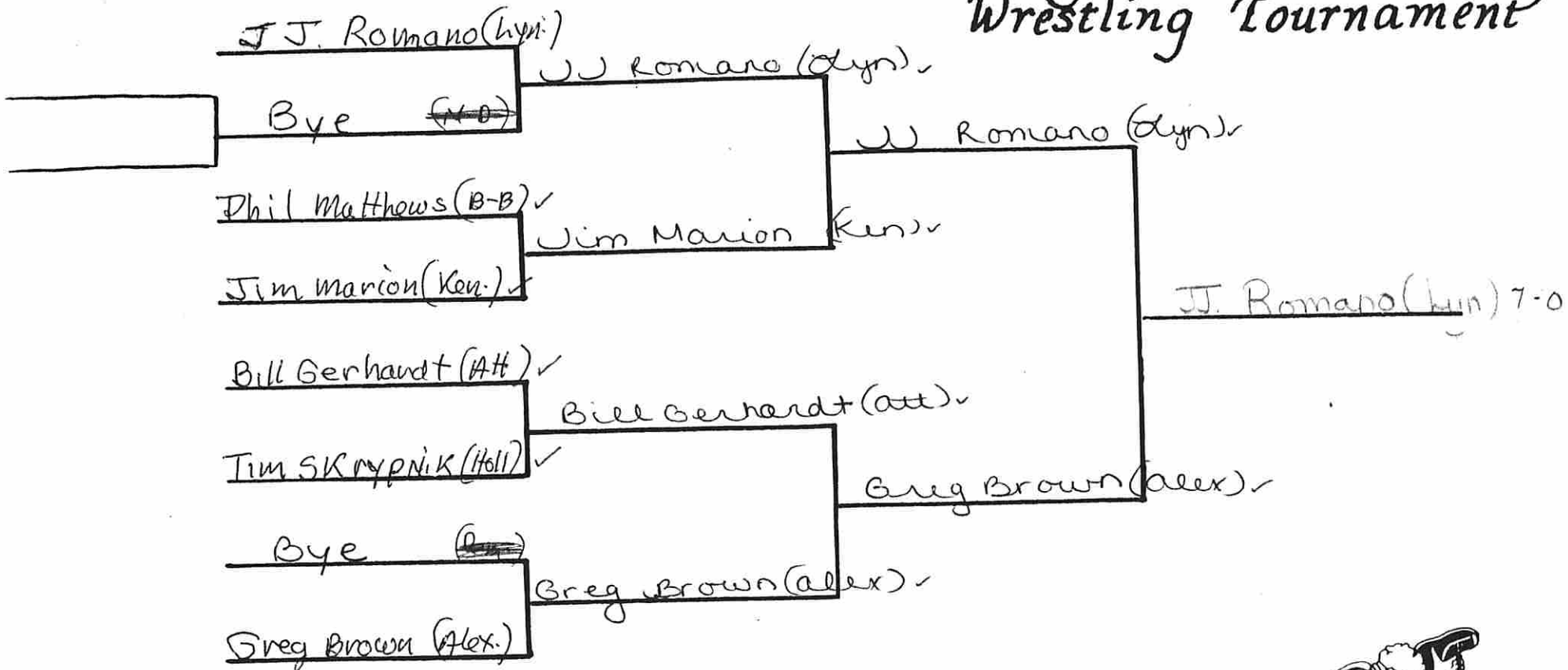
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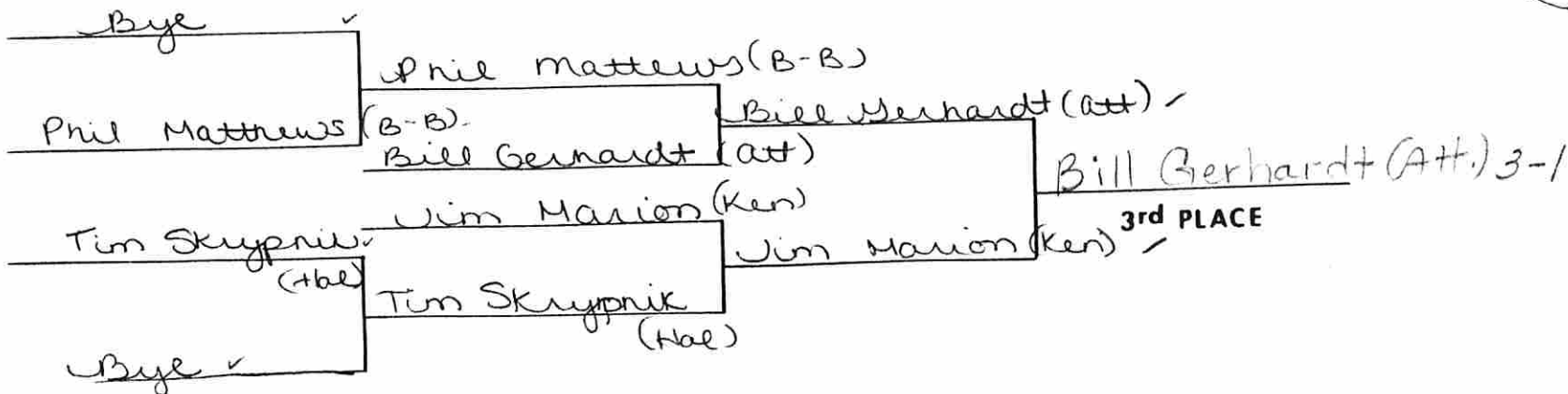
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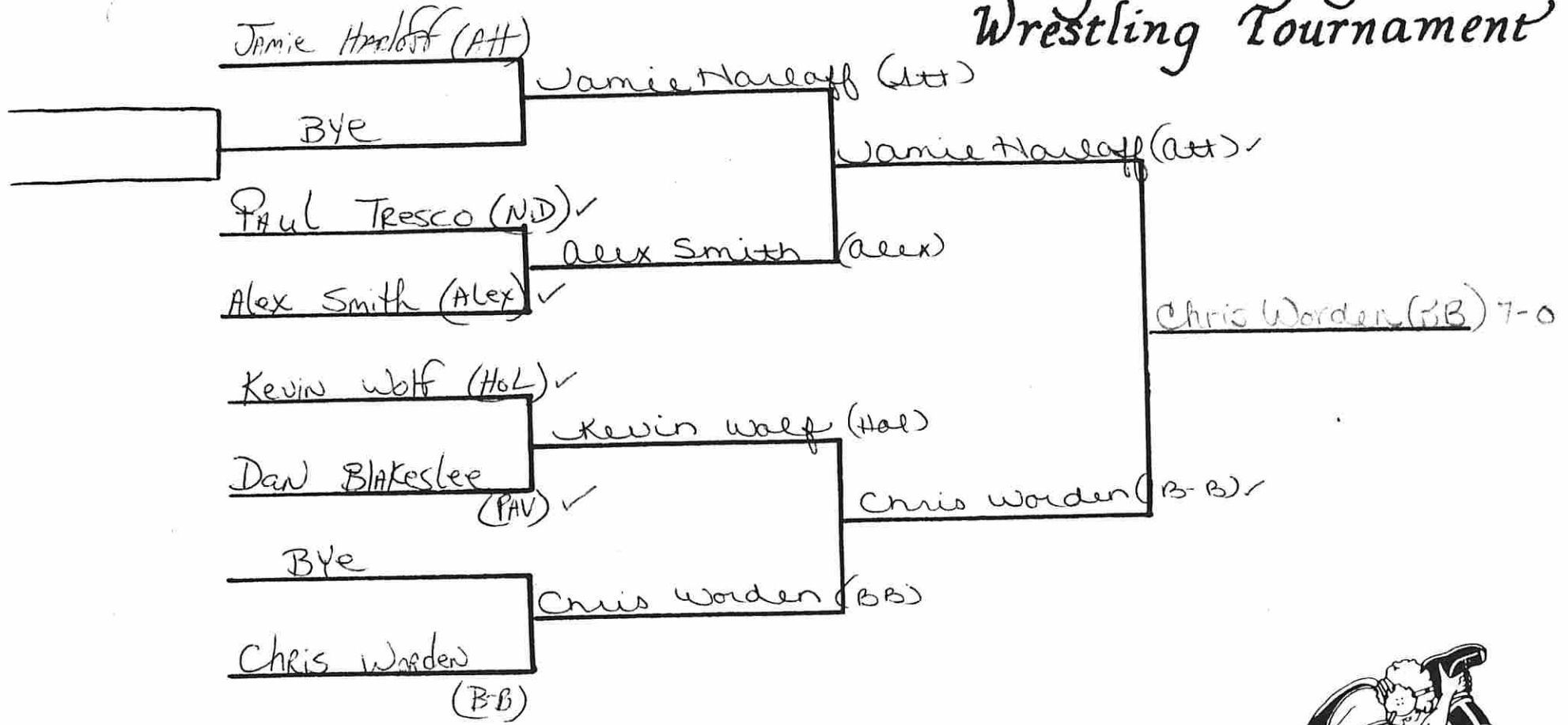
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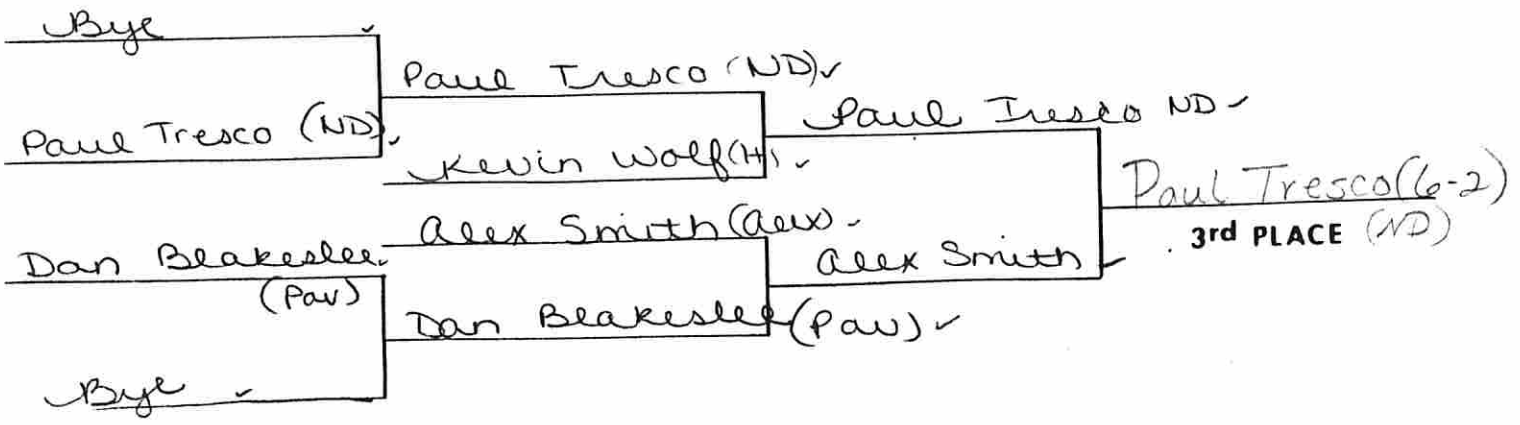
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Genesee Region 119 Wrestling Tournament

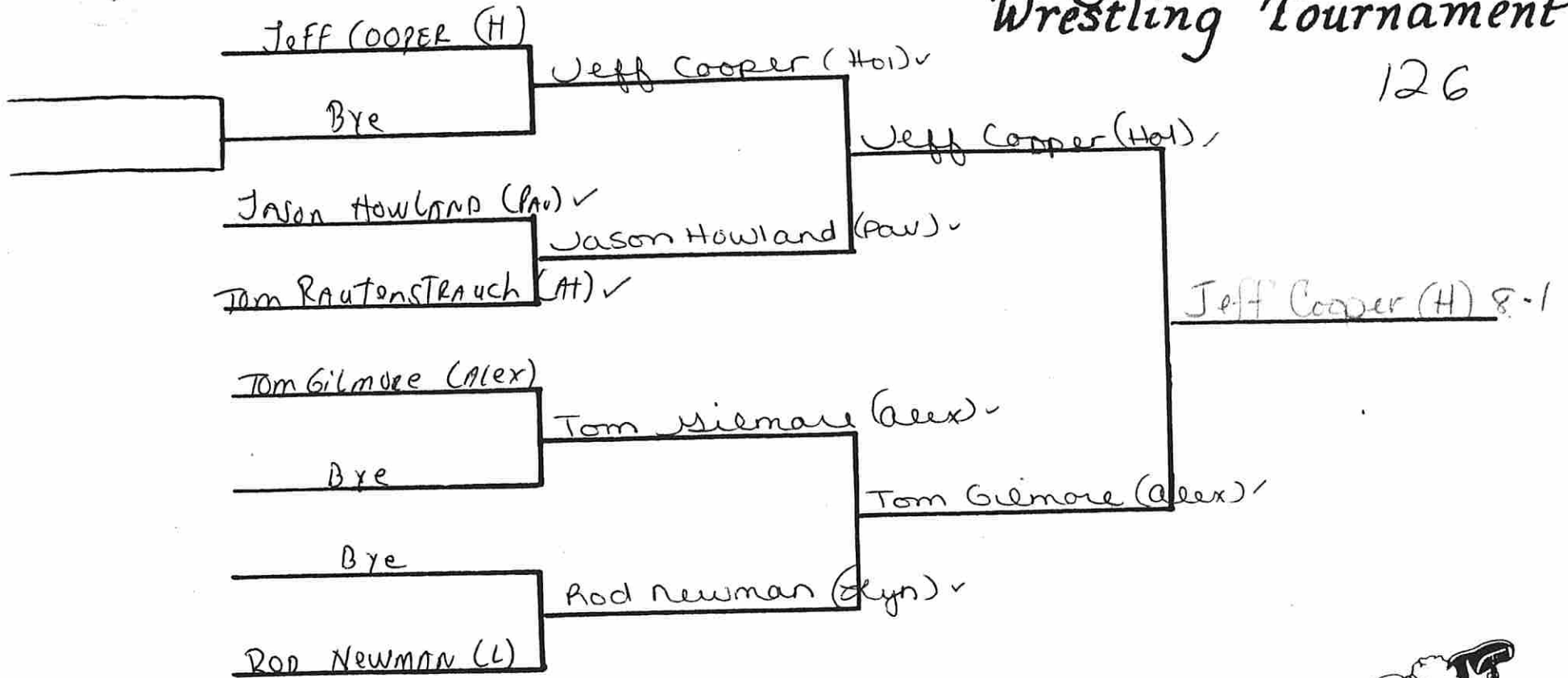


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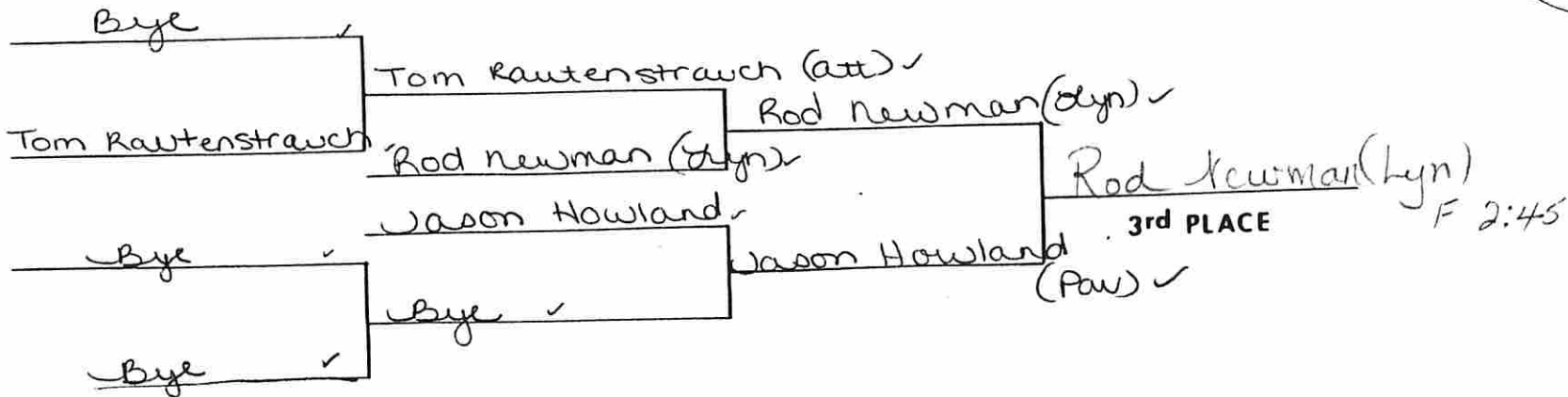


Genesee Region Wrestling Tournament

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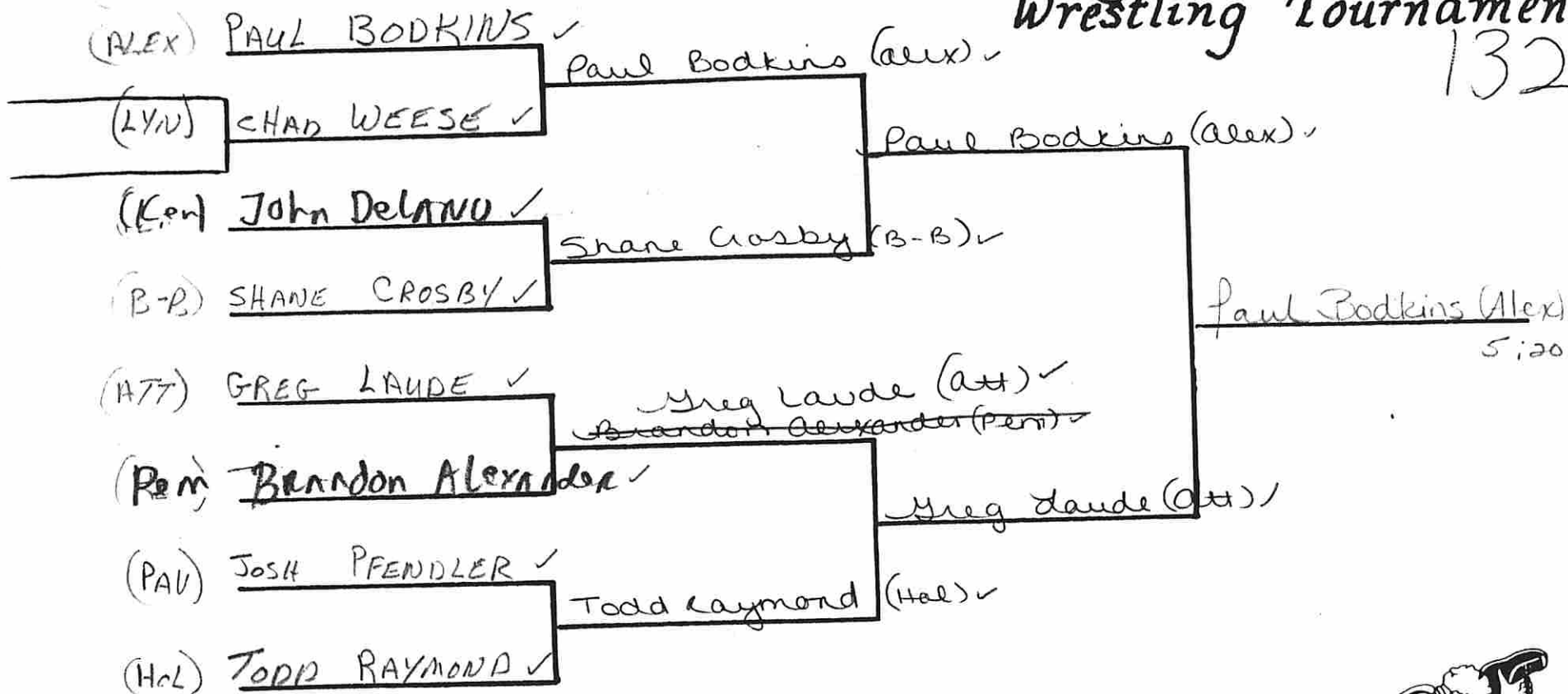


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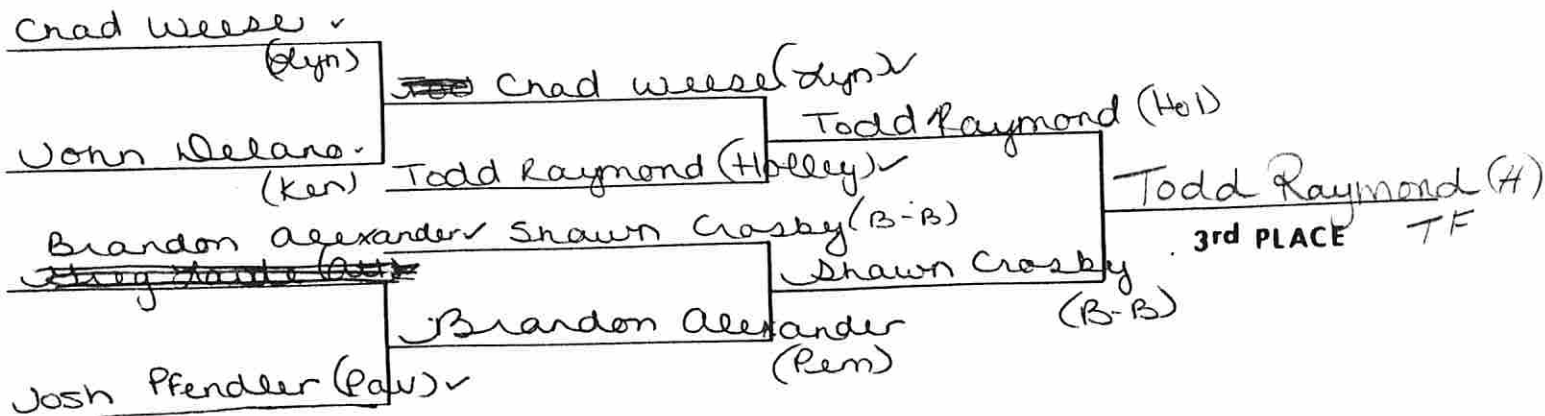


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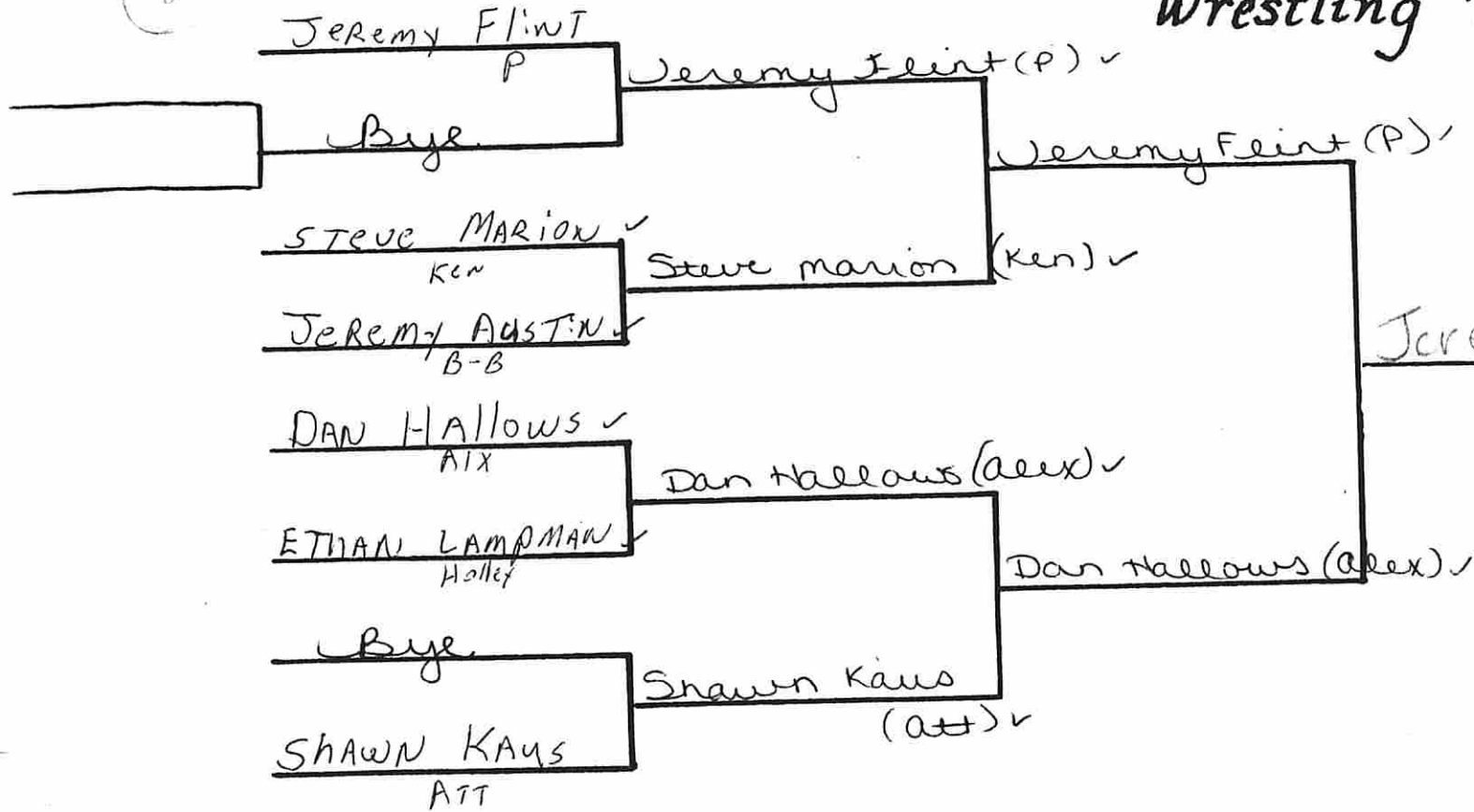


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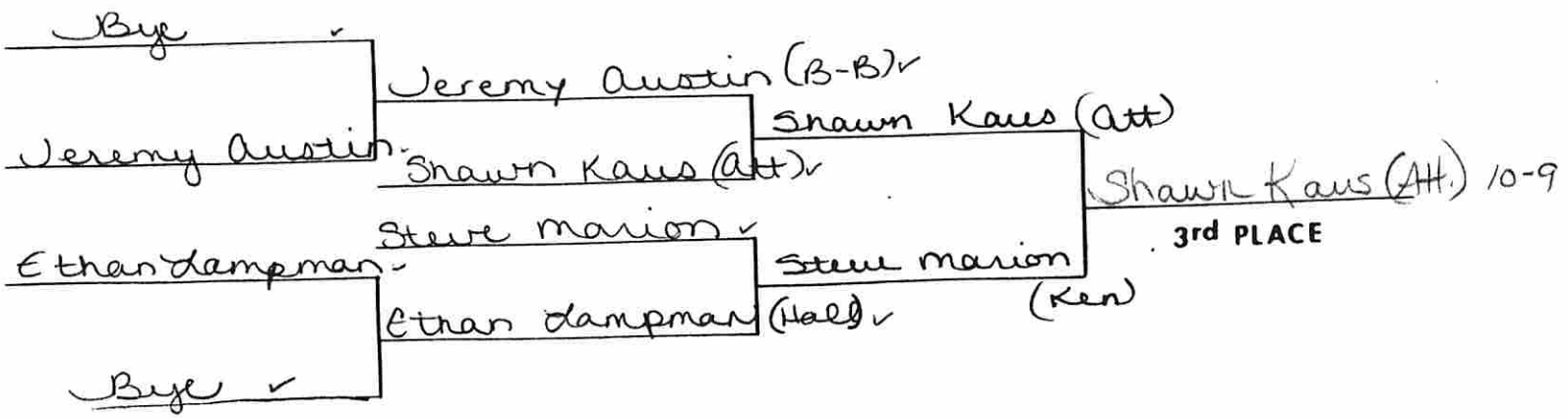


Genesee Region Wrestling Tournament

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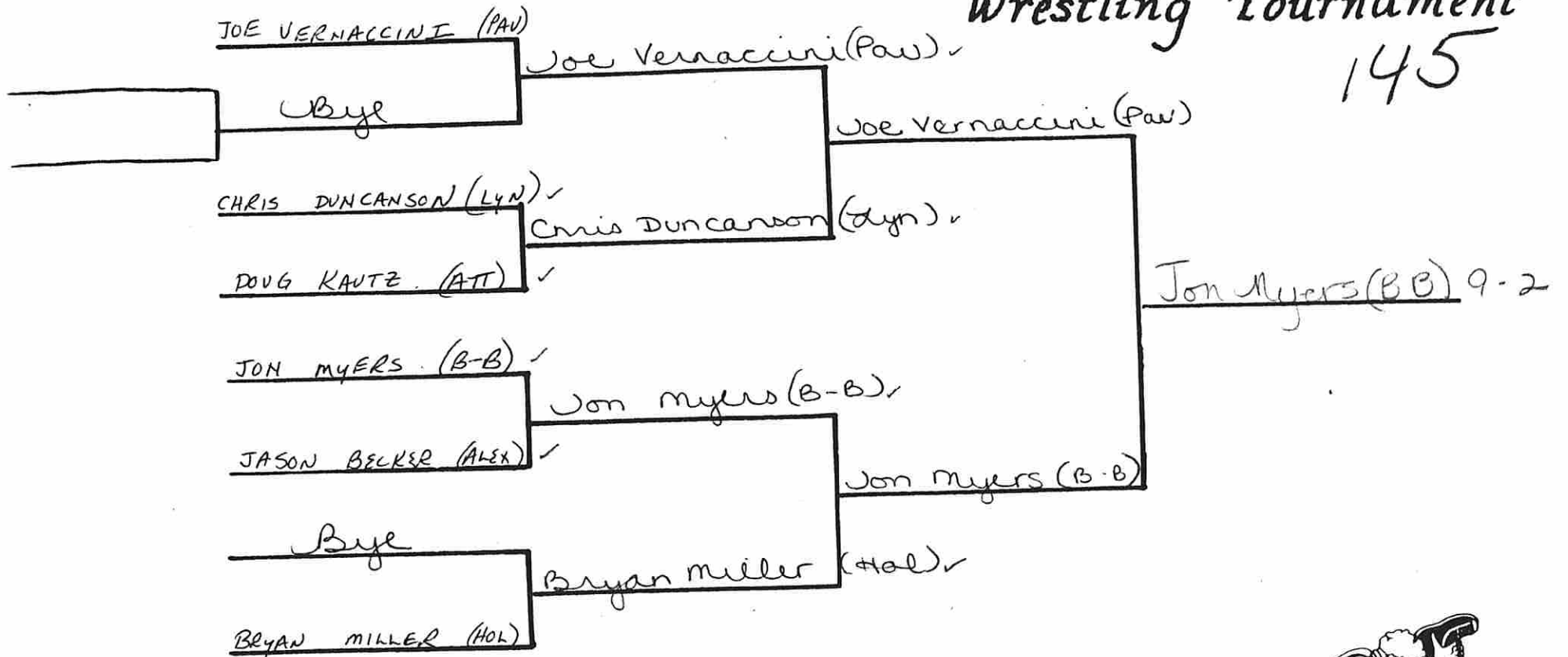


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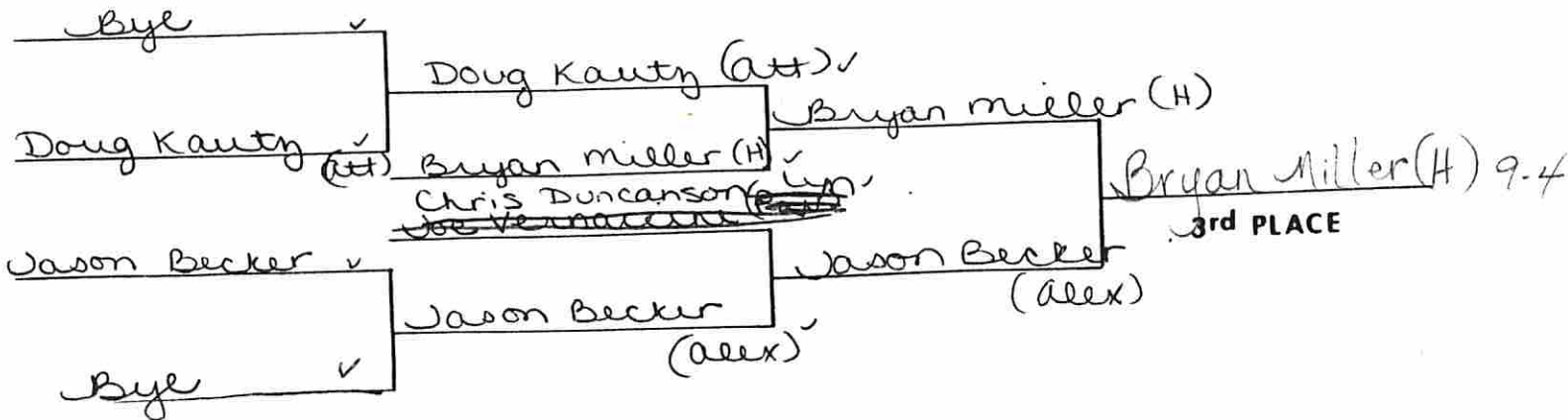


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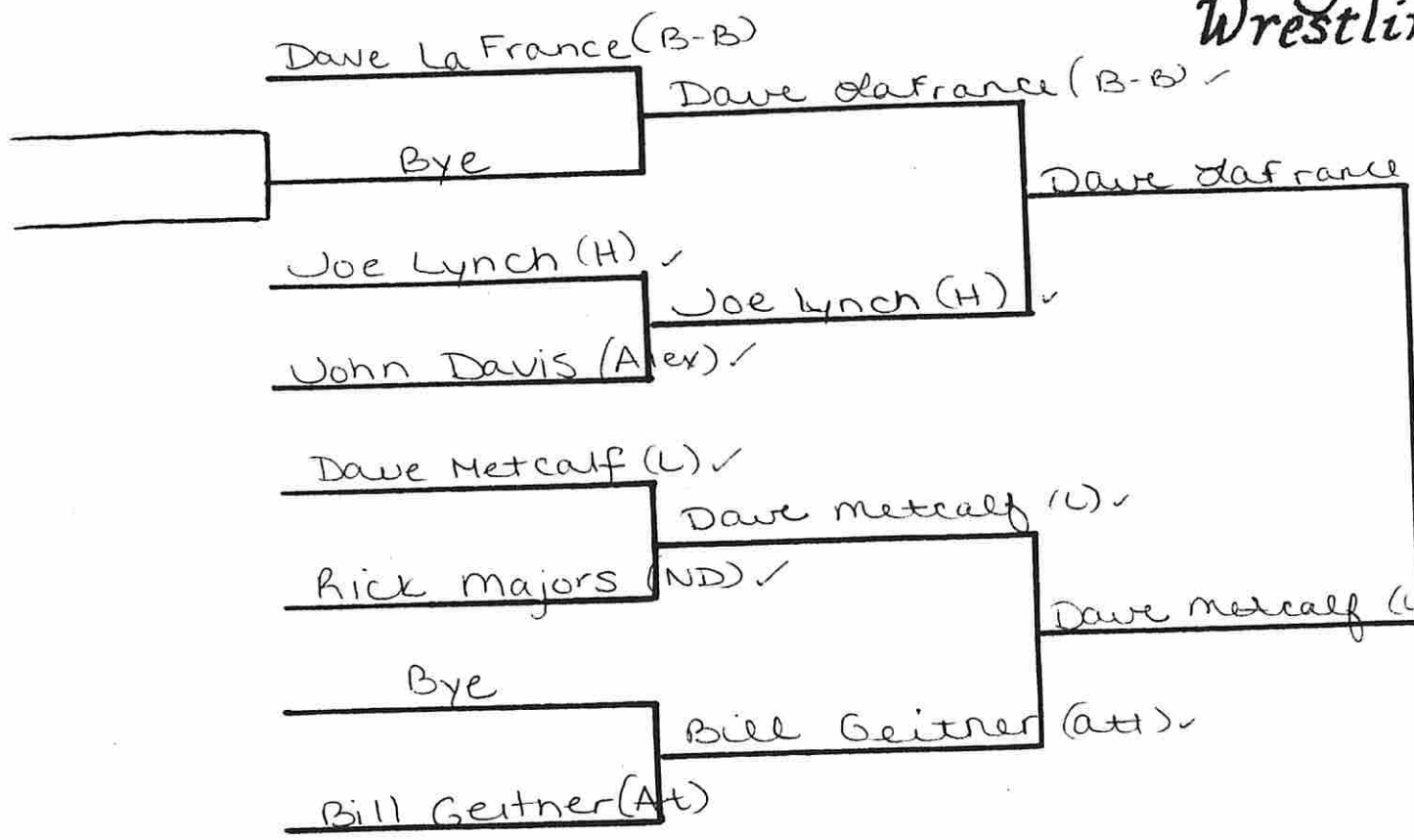
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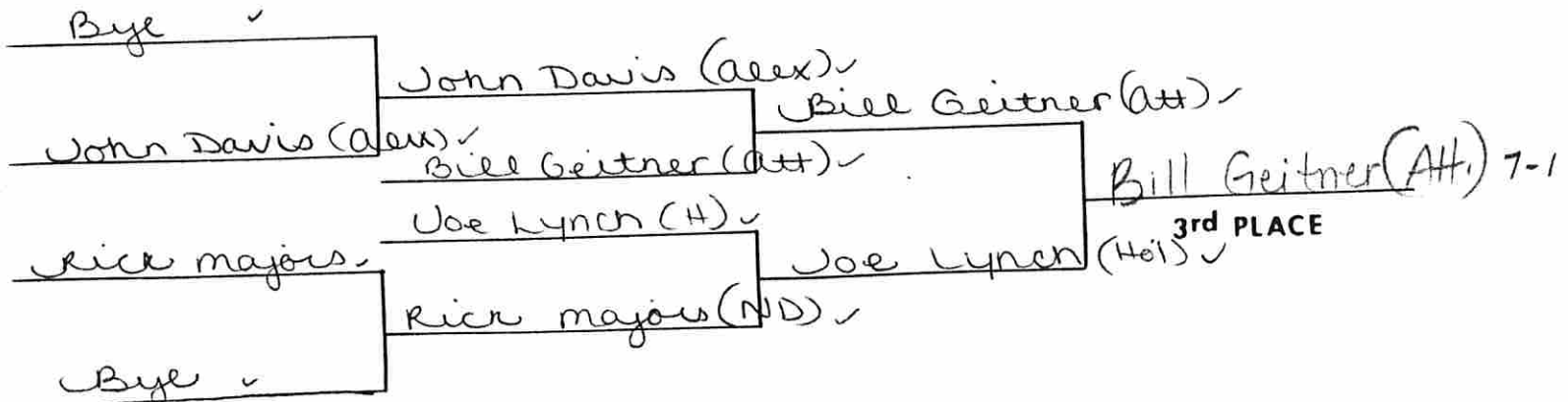
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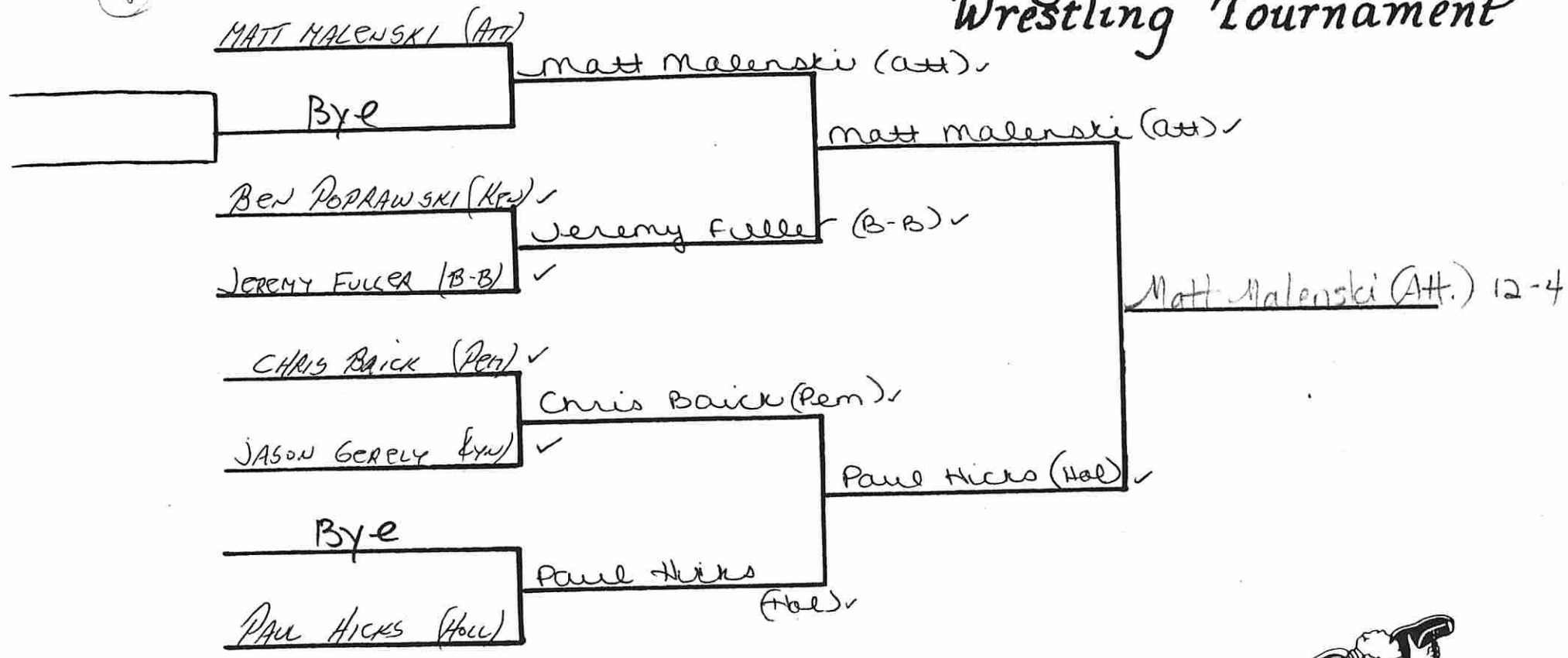
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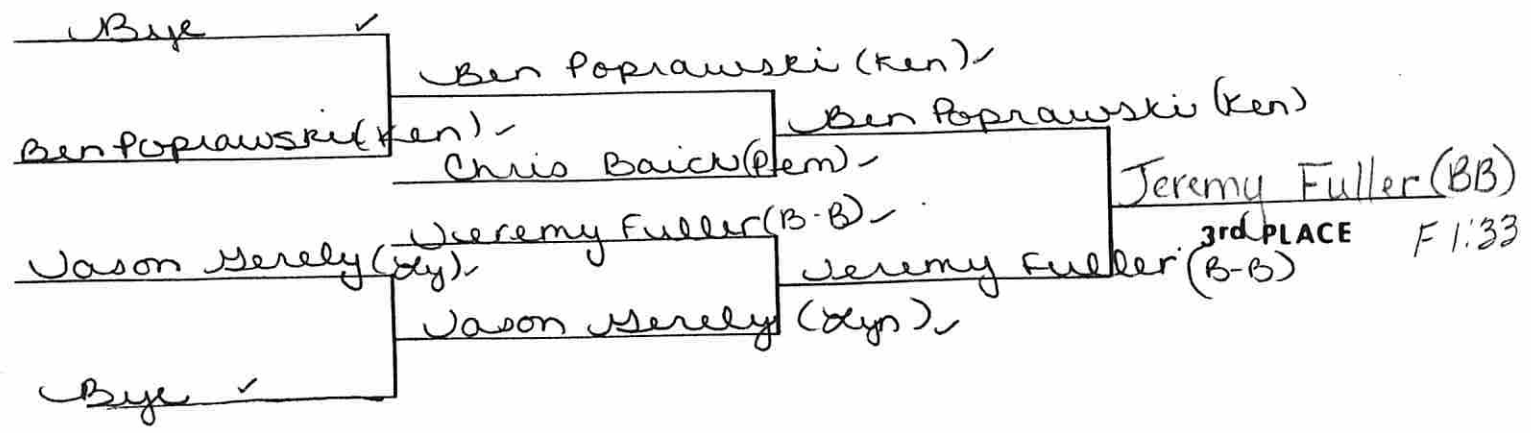
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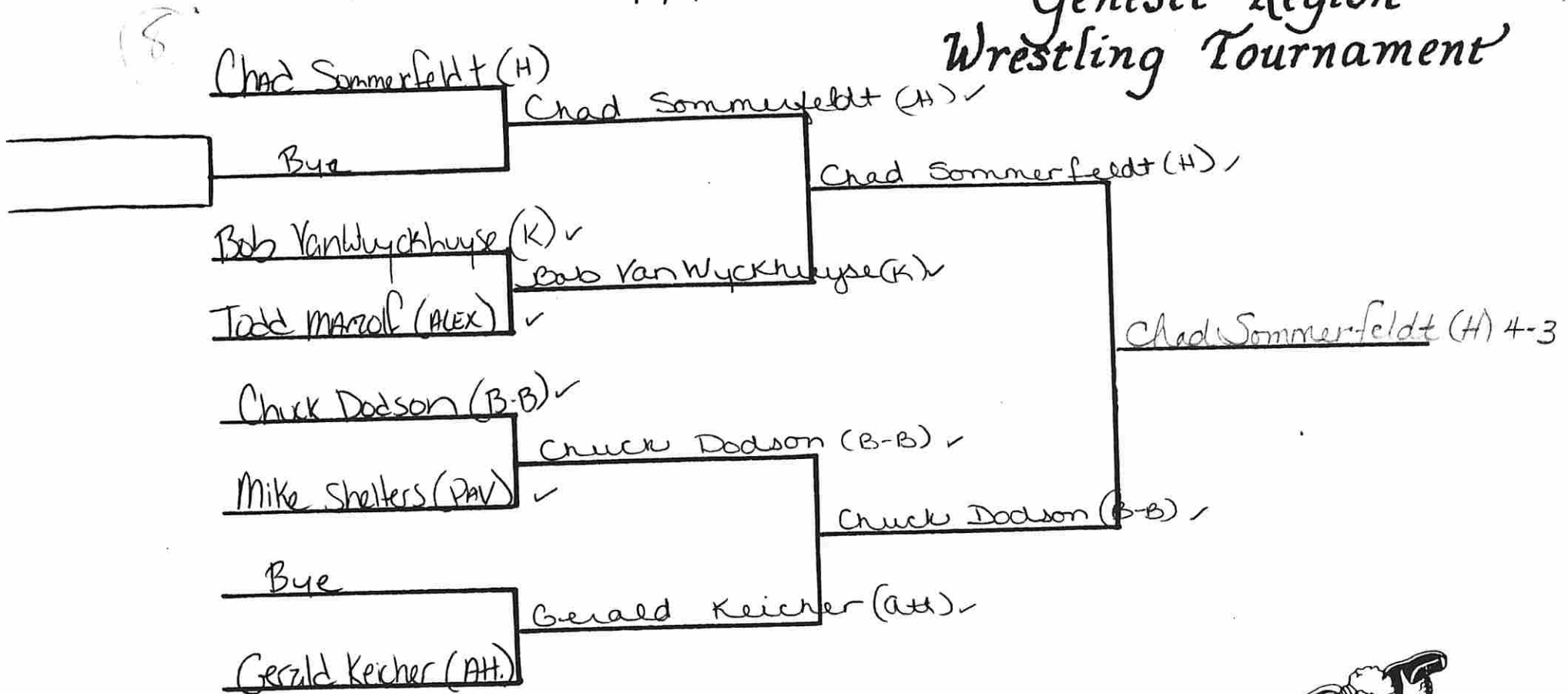


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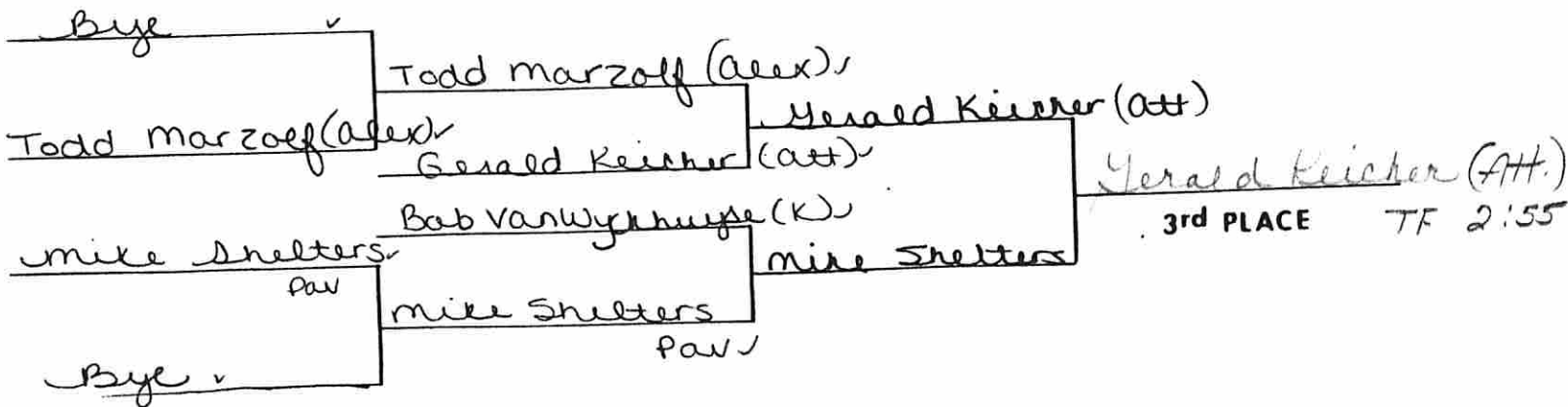


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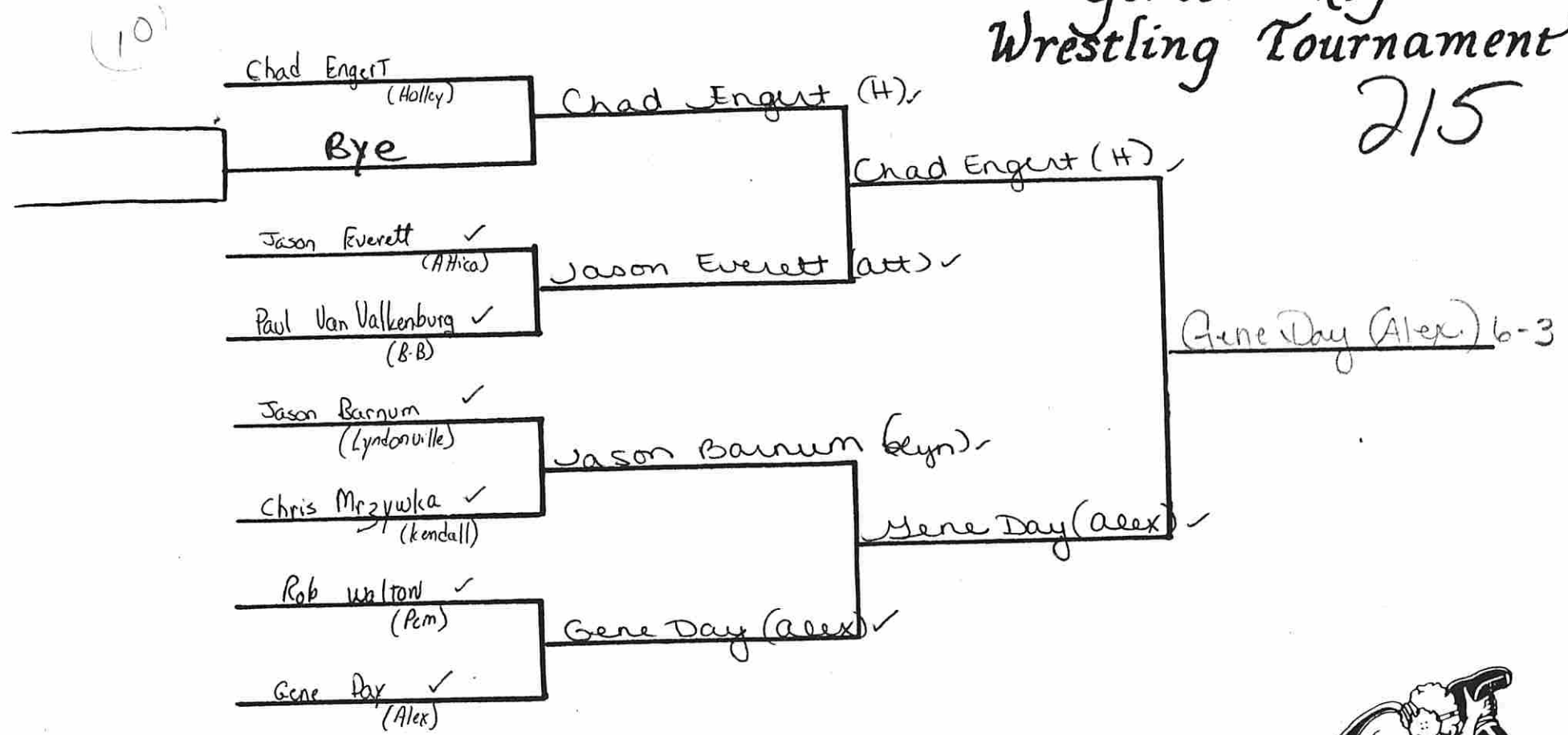


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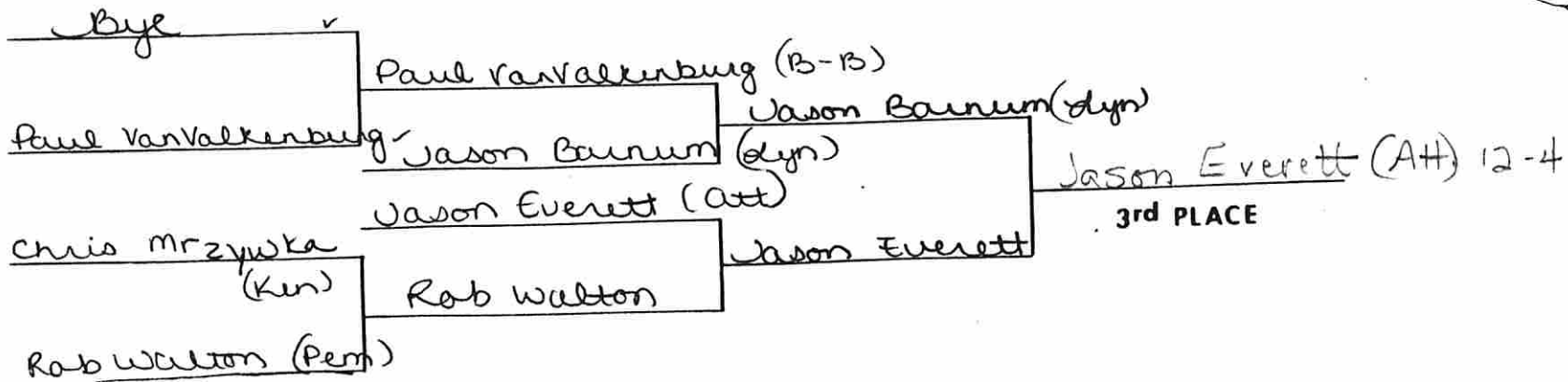


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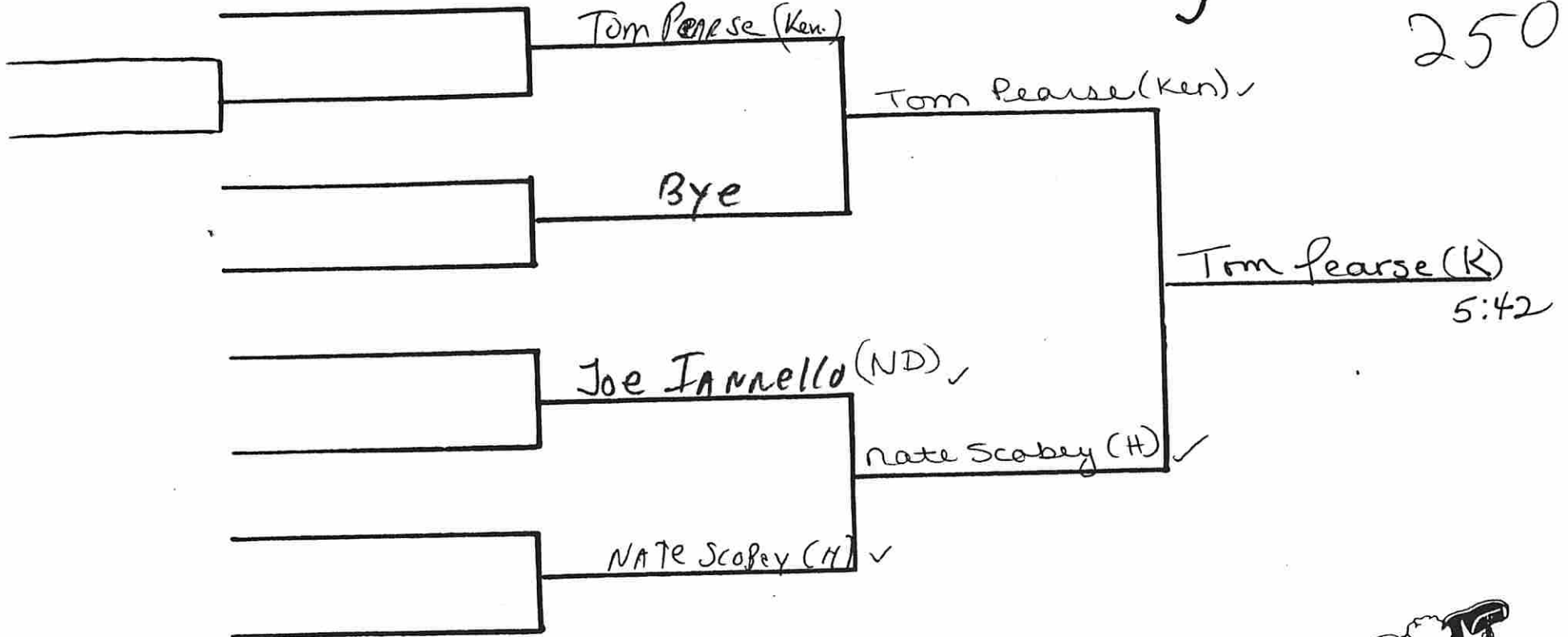
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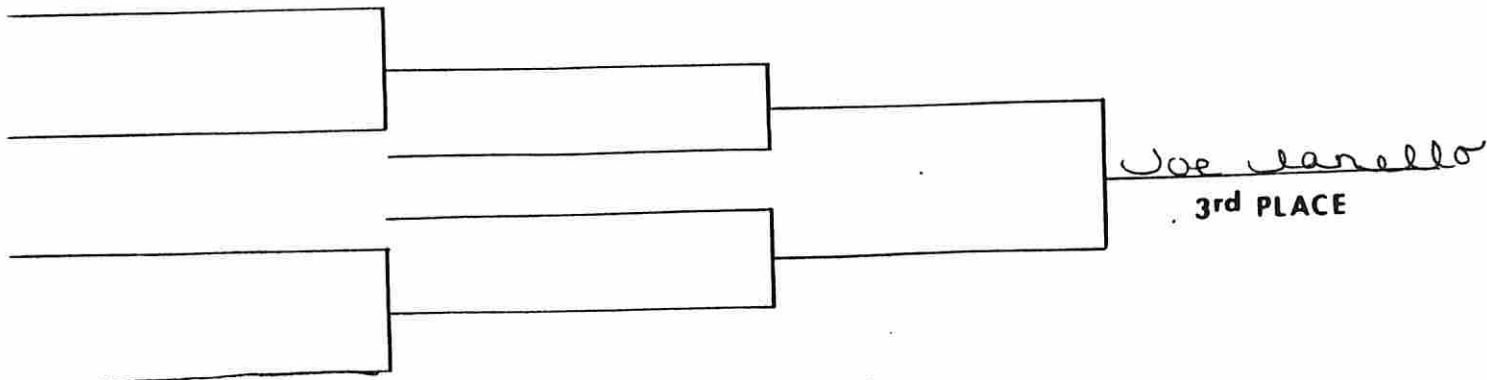
Genesee Region Wrestling Tournament

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CONSOLATION



Feb 13, 1993

P R I D E

Whether one wrestles to earn a team berth or to become a world champion, he enlists in a proud community of athletes known for their courage and dedication. In the most demanding of all athletics, the wrestler is commanded to condition his body to the very limit of his endurance, habitually deny himself of normal pleasures, and prove himself time and again in greuling competition, frequently under pressure. A nobility becomes the sport. There is no mat space for malcontents or dissipaters. One must neither celebrate insanely when he wins nor sulk when he loses. He accepts victory professionally, humbly; he hates defeat, but makes no poor display of it. More enduringly than any other sport, wrestling teaches self-control and pride. Some have wrestled without great skill; none have wrestled without pride.

Most men stop when they begin to tire. Good men go until they think they are going to collapse. But the VERY BEST know the mind tires before the body and push themselves further and further beyond all limits. Only when all these limits are shattered can the unattainable be reached.

... ANONYMOUS ...

POSITIONS IN WRESTLING

- NEUTRAL --- On feet or on the knees with contestants facing each other or when each is free of the other's control.
 TOP ---- Position of advantage when one contestant has his opponent under control.
 BOTTOM --- Position of contestant who is being controlled by his opponent.

OBJECT OF EACH MATCH

1. To gain a fall by pinning his opponent, or
2. To gain a decision by out-wrestling his opponent when a fall is not possible.

LENGTH AND CONDUCT OF EACH MATCH

- TIME -----Matches consist of three two minute periods. First period starts in standing position. A fall terminates a match at any time.
 POSITION -- If neither contestant secures a fall in the first two minute period, contestants are placed in the referee's position on the mat, with one contestant on the "top" position and the other in the "bottom" position. If no fall occurs during the second period, a third period is conducted with the wrestlers reversing the positions assumed at the start of the second time period.

TO WIN BY A FALL

Any part of both shoulders held in contact with the mat for a referee's silent count of two seconds constitutes a fall. A fall shall not be awarded when one or both shoulders of the defensive wrestler are off the mat.

TO WIN BY A DECISION

When no fall has been earned, the referee shall award the match to the contestant who scored the greater number of points. If the points are equal in a tournament match, there shall be an overtime period to decide the better wrestler.

1 POINT IS AWARDED

- (a) For as ESCAPE from the "bottom position to a neutral position.
- (b) For use of illegal holds by opponent
- (c) For "stalling" - first penalty.

2 POINTS ARE AWARDED

- (a) For a TAKEDOWN by each wrestler.
- (b) For a REVERSAL - complete change from "bottom" position to "top" position.
- (c) For a NEARFALL - when the "top" wrestler has controll of his opponent in a pinning combination and a fall is imminent.
- (d) For third illegal hold or stalling penalty.

3 POINTS ARE AWARDED

- (a) When a nearfall position is held for five consecutive seconds.