



MIKE KOHL

1990 - 1991

WHETHER YOU THINK YOU CAN OR YOU CAN'T YOU'RE PROBABLY RIGHT

If you think your beaten, you are ; If you think that you dare not, you don't; If you"d like to win, but you think you can't, It's almost certain you won't.

If you think you'll lose, you've lost; For out in the world you'll find Success begins with a fellow's will. It's all in a state of mind.

If you think you are outclassed, you are; you've got to think high to rise; You've got to be sure of yourself before you can ever win a prize.

Life's battles don't always go To the stronger of the faster; But sooner or later the man who wins Is the man who thinks he can.

A plaque has hung in my office for many years carrying the above SELECTION OF free verse. I am not aware of it's origin, but consider it a pertinent guideline for one to pursue in life and toward specific goals as well. It has always provided an energizing thrust to my golf career.

ARNOLD PALMER

CONGRATULATIONS



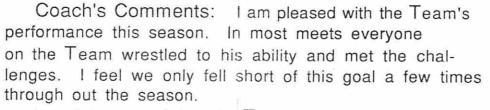
DIVISION I CO-CHAMPIONS 1990-1991

White a press

VARSITY WRESTLING COACH:

PETE LOGAN

26TH YEAR



I want to congratulate the Team for once again becoming Co-Champions of Division I. I know we didn't reach Our goal of becoming sole champions but we suffered through adversity and should be proud of our accomplishments.

I want to thank the Senjors for setting high standards for the Team. These standards allowed us to meet and overcome the challenges the Team faded.

For the returning veterans our goal, the Team's goal is unchanged. We will follow our pursuit of excellence and continue building Fairport Wrestling into one of Section V's most successful programs.

Thanks again for another season of happy memories, of fine athletes, and of super individuals. I hope that in the years to come you will look back on your wrestling careers with fond memories and with the making of life long friends.



FAIRDORT 90-'91 WRESTLIN

Unbreakable Lens

AGAIN

Used this

Thanks again for all your efforts- Best Wishes

Coach Logan

90-91 VARSITY RECORD

FAIRPORT 48 FAIRPORT 27 FAIRPORT 28 FAIRPORT 63 FAIRPORT 5 **FAIRPORT 36** FAIRPORT 25 FAIRPORT 41 **FAIRPORT 36** FAIRPORT 45 FAIRPORT 57 FAIRPORT 25 FAIRPORT 7

PENFIELD 8 **IRONDEQUOIT 24 *** EAST ROCHESTER 20* **GREECE OLYMPIA 3 BRIGHTON 46 BROCKPORT 15** PAL-MAC 23* WEBSTER 17 **RUSH HENRIETTA 15** GATES -CHILI 18 PITTSFORD 9 **GREECE ATHENA 34 SPENCERPORT 54***

LEAGUE RECORD 7-1 OVERALL RECORD 10-3

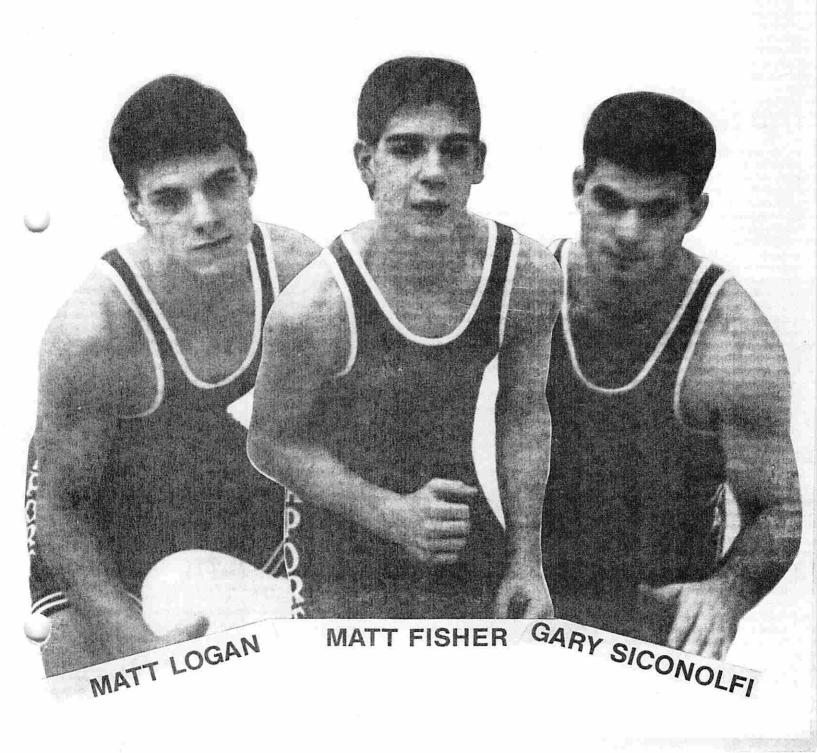
*- Non-League Matches

DIVISION I- CO-CHAMPIONS

TOURNAMENT RECORD

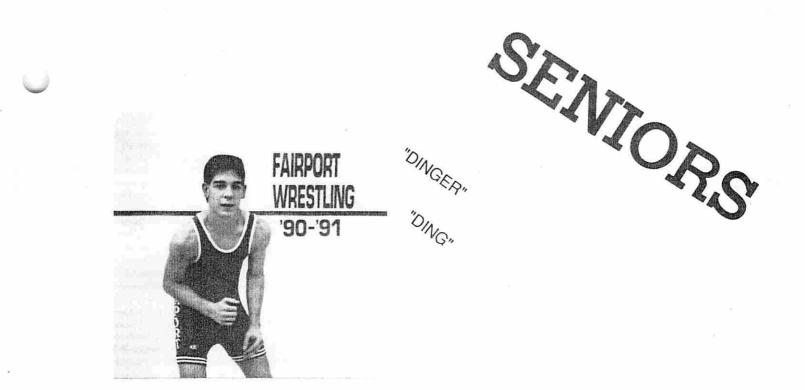
PENFIELD CHRISTMAS TOURNAMENT CHAMPIONS 8 TEAMS CLAYTON BERNARD TOURNAMENT 4th PLACE 17 TEAMS MONROE COUNTY CHAMPIONSHIPS 6th PLACE 17 TEAMS SECTION V CLASS A CHAMPIONSHIPS 7th PLACE 19 TEAMS

VARSITY TEAM CAPTAINS





SENIORS



MATT FISHER :

105 - 112 LB. WEIGHT CLASS 6 YEARS WRESTLING Future: Ashland University or SUNY @ Plattsburg in Hotel Management

AWARDS: 2ND @ PENFIELD CHRISTMAS TOURNAMENT 5TH @ CLAYTON BERNARD TOURNAMENT 5TH @ MONROE COUNTY CHAMPIONSHIP

MOST MEMORABLE MOMENTS: BEATING EAST ROCHESTER AND PAL-MAC .

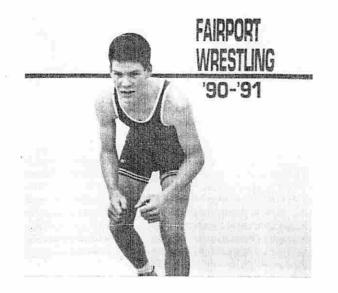
OUR TEAM BEING THE PENFIELD CHRISTMAS TOURNAMENT CHAMPION

OUR TEAM BEING DIVISION I CHAMPIONS FOR LAST 2 YEARS

COACH'S COMMENTS: Matt is a very quiet but effective leader. Matt does his talking on the mats. Matt has beaten some of section V's top wrestlers in his career. He should become a fine college wrestler. Wrestle's best when he keeps the pressure on. Ding has a great double leg and a good bar arm series.

ONE OF OUR CAPTAINS !!!



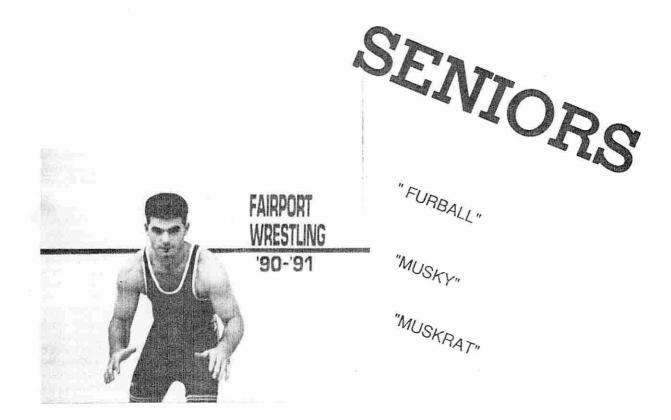


JOHN STOUTENBURG

138 - 145 LB. WEIGHT CLASS 5 YEARS WRESTLING Future: SUNY @ Geneseo or Binghamton, Cornell, or Carnegie Mellon majoring in biology

MOST MEMORABLE MOMENTS: 2nd @ VESTAL TOURNAMENT BEATING PAL-MAC

COACH'S COMMENTS: John is a super individual who sacrificed personal goals for the benefit of the Team. John has a wealth of wrestling knowledge and is a true student of the sport. John is a tough competitor and filled in this year at a couple of different weight classes. You can't find a better person than John.



GARY SICONOLFI:

155 LB. WEIGHT CLASS 6 YEARS WRESTLING Future: University of Rochester in Business Management

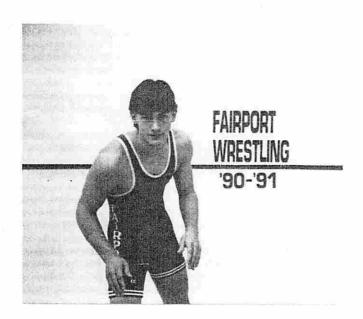
AWARDS: PENFIELD CHRISTMAS TOURNAMENT CHAMPION 6TH @ CLAYTON BERNARD TOURNAMENT 6TH @ MONROE COUNTY CHAMPIONSHIPS 2ND TEAM COACH'S SELECTION DIVISION I

MOST MEM. MOMENTS: Beating East Rochester and Pal-Mac. Monroe County Champions for the past 2 years. Team Title at Penfield Christmas Tournament.

COACH'S COMMENTS: Gary is a rarity - a four year varsity wrestler who has faced the toughest wrestler's in section V over his career. Gary came to life this year at the right time. He's an excellent takedown man. Good single leg and firemans. Gary is always in top physical condition. When Gary believed in himself he was unbeatable.

ONE OF OUR CAPTAINS !!!





ROB VILLA :

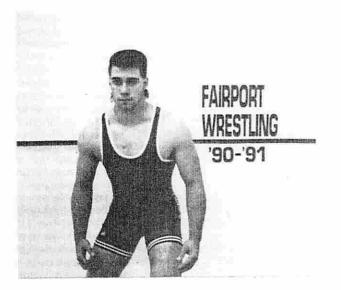
167 LB. WEIGHT CLASS YEARS WRESTLING Future: Alfred Tech., majoring in Design Engineering

AWARDS: 3RD @ PENFIELD CHRISTMAS TOURNAMENT 6TH @ CLAYTON BERNARD TOURNAMENT 3RD @ MONROE COUNTY CHAMPIONSHIPS

MOST MEM. MOMENT: BEATING EAST ROCHESTER AND PAL-MAC

COACH'S COMMENTS: Rob loves to be on the mats. Rob helps the younger wrestlers by working with them often. He never worries about who his opponent is. Rob is one of only three wrestlers to take "Serrell" down this year. Rob loves to wrestle with his legs.





ALAN RICH:

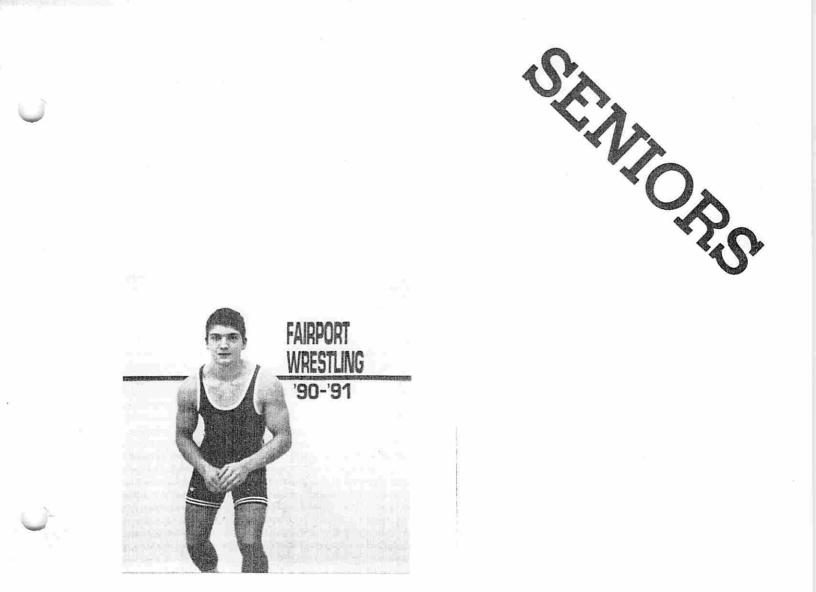
215 LB. WEIGHT CLASS 3 YEARS WRESTLING Future: Ithaca, Union, St. John Fisher, or SUNY @ Albany in accounting

AWARDS: 2nd @ PENFIELD CHRISTMAS TOURNAMENT 5th @ CLAYTON BERNARD TOURNAMENT

MOST MEMORABLE MOMENTS: Losing 1-0 to Otha Davidson (250 Lb. Sectional Champion) at the "county's".

Watching John Fingler put the moves on the "Freshman"

COACH"S COMMENTS: Alan developed himself into a powerful 215 Lber. through dedication and tireless, hard work in the weight room. Alan started to come on real strong and had some outstanding matches. Alan's key match this year was a tie at Pal-Mac to give the Team the win.

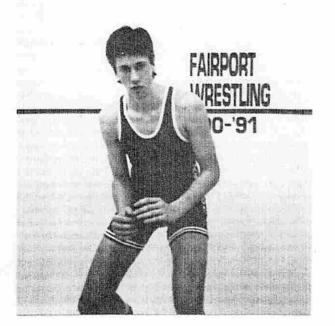


KIRK NOWACK:

167 LB. WEIGHT CLASS 2 YEARS WRESTLING Future:

COACH' COMMENTS: Kirk only wrestled for two years and has been one of our hardest working team members. Kirk is a very powerful young man and he put a lot of time in the weight room. Kirk contributed to the team by pushing the wrestlers in front of him. Kirk is a real gentleman.



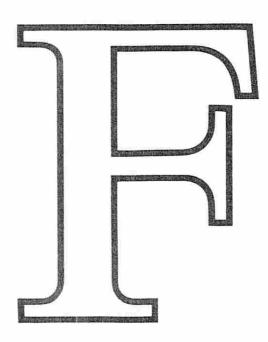


CHRIS CASS:

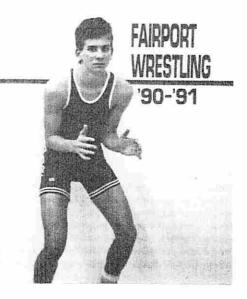
167 LB. WEIGHT CLASS 6 YEARS WRESTLING Future: College-but undecided where yet

Coach's Comments: When Chris fills out to meet his height he could become a super 220 pounder. Chris has good wrestling knowledge and an understanding of wrestling concepts. Chris could become a good college wrestler.

VARSITY



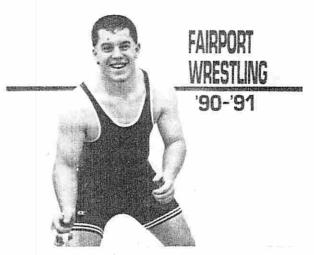
DAX CLARK:



VARSITY

"PORKY

ROB CONSAUL:

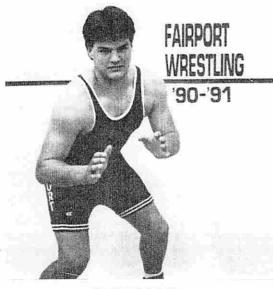


167 - 177 LB. WEIGHT CLASS SOPHOMORE

AWARDS:

3rd @ CLAYTON BERNARD TOURNAMENT 4th @ MONROE COUNTY CHAMPIONSHIPS 4th @ CLASS A SECTION V CHAMPIONSHIPS 2nd TEAM COACH'S SELECTION DIVISION I

119 LB. WEIGHT CLASS JUNIOR MARK DACIW:



215 - 250 LB. WEIGHT CLASS SOPHOMORE

AWARDS:

3rd @ PENFIELD CHRISTMAS TOURNAMENT 5th @ CLAYTON BERNARD TOURNAMENT

MOST PINS AT CLAYTON BERNARD TOURNAMENT

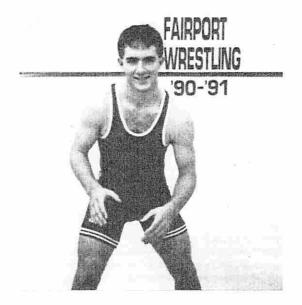
"DANSON"

VARSITY

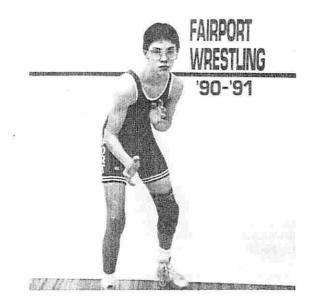
JERRY DAWES :

132 LB. WEIGHT CLASS SOPHOMORE

AWARDS: 2nd @ PENFIELD CHRISTMAS TOURNAMENT 5th @ MONRCE COUNTY CHAMPIONSHIPS



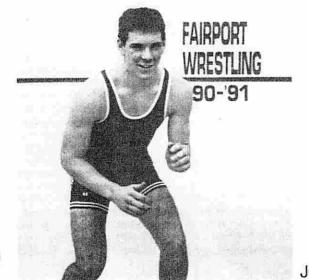
JOSHUA FARRELMAN:



98 LB. WEIGHT CLASS FRESHMAN

VARSITY

JOHN FINGLER:

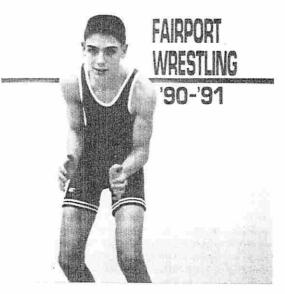


177 LB. WEIGHT CLASS JUNIOR

AWARDS: PENFIELD CHRISTMAS TOURNAMENT CHAMPION

JOHN BROKE HIS LEG WHILE TRYING TO KEEP WEIGHT.

KEVIN FISHER:



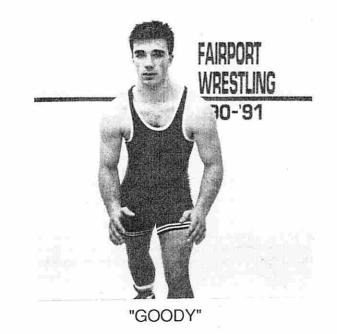
" LITTLE DING" 105 LB WEIGHT CLASS JUNIOR

AWARDS:

2nd @ PENFIELD CHRISTMAS TOURNAMENT

VARSITY

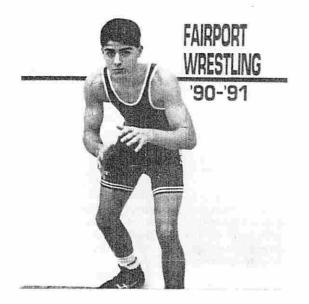
DAVID GOODRICH:



138-145 LB. WEIGHT CLASS JUNIOR

AWARDS:

3rd @ PENFIELD CHRISTMAS TOURNAMENT 2nd @ CLAYTON BERNARD TOURNAMENT 5th @ MONROE COUNTY CHAMPIONSHIPS PAUL GRASSI:

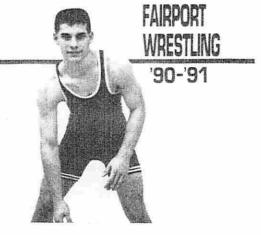


145 LB. WEIGHT CLASS JUNIOR

VARSITY

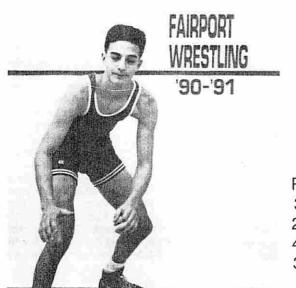
126 LB. WEIGHT CLASS SOPHOMORE

AWARDS: PENFIELD CHRISTMAS TOURNAMENT CHAMPION 4th @ CLASS A SECTION V CHAMPIONSHIPS STEVE IACULLI:



"CULLY"

MIKE KOHL:



112 - 119 LB. WEIGHT CLASS JUNIOR

AWARDS:

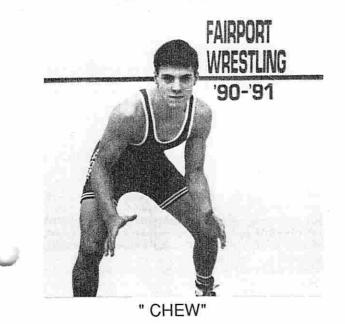
PENFIELD CHRISTMAS TOURNAMENT CHAMPIONS 3rd @ CLAYTON BERNARD TOURNAMENT 2nd @ MONROE COUNTY CHAMPIONSHIPS 4th @ CLASS A SECTION V CHAMPIONSHIPS 3rd @ SECTION V SUPER-SECTIONALS CHAMPIONSHIPS COACH'S SELECTION DIVISION I TEAM

"GARBONZO"

MIKE WAS UNDEFEATED IN LEAGUE MATCHES!!!

VARSITY

MATT LOGAN:

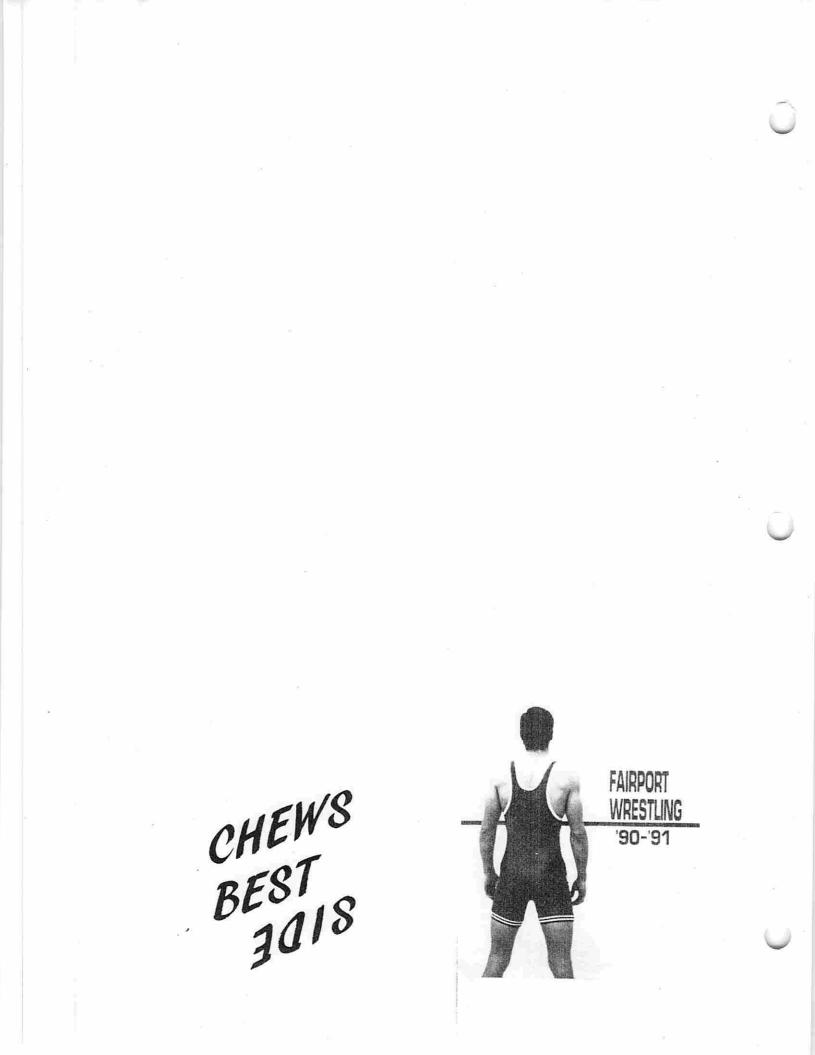


138 LB. WEIGHT CLASS JUNIOR

AWARDS:

PENFIELD CHRISTMAS TOURNAMENT CHAMPION CLAYTON BERNARD TOURNAMENT CHAMPION MONROE COUNTY CHAMPIONSHIPS CHAMPION SECTION V CLASS A CHAMPION 3rd @ SECTION V SUPER-SECTIONALS COACH'S SELECTION DIVISION I TEAM

MATT WAS UNDEFEATED IN LEAGUE MATCHES!! MATT - ONE OF OUR CAPTAINS!!!





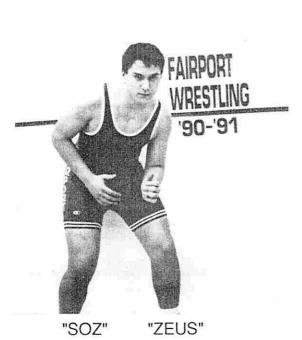
ROB UNGER:

IRI

WRESTLING

'90-'91

VARSITY



215 LB. WEIGHT CLASS JUNIOR

PETE SOZIO:

MELISSA JOHNSON



VARSITY

MANAGER / SCOREKEEPER WEIGHT CLASS: ????? FRESHMAN



BEING THE BEST

I spent a fortune On a trampoline, A stationary bike And a rowing machine Complete with gadgets To read my pulse, and gadgets to prove My progress results, And others to show The miles I've charted— But they left off the gadget To get me started!⁴

The gadget that can get you started is motiveaction. Try it and see!

MOST TAKEDOWNS						
	TAKEDOWNS	NUMBER OF MEETS				
STEVE IACULLI	37	11				
MATT LOGAN	31	6				
MIKE KOHL	23	10				
GARY SICONOLFI	21	11				
MATT FISHER	20	10				
DAVE GOODRICH	17	10				
ROB CONSAUL	13	10				
JOHN FINGLER	12	5				
JERRY DAWES	12	9				
KEVIN FISHER	10	9				
JOHN STOUTENBURG	9	4				
JOSH FARRELMAN	4	7				
ROB VILLA	4	7				
ALAN RICH	З	5				
ROB UNGER	2	2				
MARK DACIW	1	1				
PETE SOZIO	1	4				

TOTAL TAKEDOWNS DUAL MEETS AND TOURNAMENTS TOGETHER

	DUAL		TOTAL
·	MEETS	TOURNAMENTS	TAKEDOWNS
MATT LOGAN	31	43	74
MIKE KOHL	23	33	56
STEVE IACULLI	37	15	52
ROB CONSAUL	13	33	46
GARY SICONOLFI	21	24	45
MATT FISHER	20	25	45
DAVE GOODRICH	17	25	42
JERRY DAWES	12	20	32
JOHN FINGLER	12	7	19
ROB VILLA	4	11	15
KEVIN FISHER	10	1	11
ALAN RICH	3	7	10
MARK DACIW	1	6	7
PETE SOZIO	1	2	3

MOST REVERSALS					
	REVERSALS				
ROB VILLA	10	7			
DAVE GOODRICH	9	10			
MIKE KOHL	8	10			
JOSH FARRELMAN	4	7			
ALAN RICH	3	5			
KEVIN FISHER	3	9			
JERRY DAWES	3	9			
MATT FISHER	3	10			
ROB CONSAUL	3	10			
ROB UNGER	2	2			
JOHN STOUTENBURG	1	4			
PETE SOZIO	1	4			
GARY SICONOLFI	1	11			

NEAR FALLS - 3 POINTS

	<u>3 PT. NF</u>	DUAL MEETS
MIKE KOHL	6	10
MATT LOGAN	4	6
KEVIN FISHER	4	9
JOHN STOUTENBURG	3	4
DAVE GOODRICH	3	10
JOHN FINGLER	2	5
JOSH FARRELMAN	2	7
ROB CONSAUL	2	10
GARY SICONOLFI	2	11
STEVE IACULLI	2	11
ROB VILLA	1	7

NEAR FALLS 2 PTS.

	<u>2 PT. NF</u>	DUAL MEETS
MIKE KOHL	9	10
JERRY DAWES	4	9
MATT LOGAN	3	6
MATT FISHER	3	10
DAVE GOODRICH	3	10
GARY SICONOLFI	3	11
JOSH FARRELMAN	2	7
KEVIN FISHER	2	9
ROB UNGER	1	2
PETE SOZIO	1	4
JOHN STOUTENBURG	1	4
JOHN FINGLER	1	5
ROB VILLA	1	7
STEVE IACULLI	1	11

TOTAL MATCH PTS. SCORED

	MATCH <u>POINTS</u>	DUAL MEETS WRESTLED
MIKE KOHL	107	10
STEVE IACULLI	106	11
MATT LOGAN	86	6
DAVE GOODRICH	83	10
MATT FISHER	66	10
KEVIN FISHER	54	9
JERRY DAWES	49	9
ROB CONSAUL	49	10
GARY SICONOLFI	41	11
JOHN FINGLER	40	5
ROB VILLA	35	7
JOSH FARRELMAN	33	7
ROB UNGER	9	2
PETE SOZIO	9	4
MARK DACIW	4	1

TEAM POINTS

	POINTS SCORED	DUA	AL MEETS
MIKE KOHL	53		13
MATT LOGAN	45		9
GARY SICONOLF	1 44		13
KEVIN FISHER	42		13
ROB CONSAUL	39		12
MATT FISHER	34	2	13
DAVE GOODRICH	1 29		10
STEVE IACULLI	25		11
JERRY DAWES	21		10
ROB VILLA	18		8
JOHN FINGLER	15		5
ALAN RICH	11		6
ROB UNGER	11		3
PETE SOZIO	6		4
MARK DACIW	6		2
JOSH FARRELMAN	N 3		7

	SIX TEAM POINTS TECH # OF DUAL					
				ORFEIT	TOTAL	MEETS
	KEVIN FISHER	1	2	4	7	13
	MATT LOGAN	2	1	3	6	9
	MIKE KOHL	0	2	3	5	13
	ROB CONSAUL	3	0	1	4	12
	GARY SICONOLFI	1	1	2	4	13
	MATT FISHER	0	0	3	3	13
	JERRY DAWES	1	0	1	2	10
	DAVE GOODRICH	2	0	0	2	10
U	ROB VILLA	1	0	1	2	8
	PETE SOZIO	1	0	0	1	4
	STEVE IACULLI	0	1	0	1	11
J	JOHN FINGLER	0	0	1	1	5
	MARK DACIW	0	0	1	1	2
	ALAN RICH	0	0	1	1	6
	ROB UNGER	0	0	1	- 1	3
	· · · · · · · · · · · · · · · · · · ·					

WHETHER YOU THINK YOU CAN OR YOU CAN'T YOU'RE PROBABLY RIGHT

If you think your beaten, you are ; If you think that you dare not, you don't; If you"d like to win, but you think you can't, It's almost certain you won't.

If you think you'll lose, you've lost; For out in the world you'll find Success begins with a fellow's will. It's all in a state of mind.

If you think you are outclassed, you are; you've got to think high to rise; You've got to be sure of yourself before you can ever win a prize.

Life's battles don't always go To the stronger of the faster; But sooner or later the man who wins Is the man who thinks he can.

A plaque has hung in my office for many years carrying the above SELECTION OF free verse. I am not aware of it's origin, but consider it a pertinent guideline for one to pursue in life and toward specific goals as well. It has always provided an energizing thrust to my golf career.

ARNOLD PALMER

WRESTLING QUIZ

342



FAIRPORT

JV

WRESTLING

TEAM

DIVISION I JV CHAMPIONS

HOW TO GO J's !!

1990-1991 JV TEAM RECORD

FAIRPORT 66 FAIRPORT 52 FAIRPORT 60 FAIRPORT 60 FAIRPORT 27 FAIRPORT 48 FAIRPORT 33 FAIRPORT 51 FAIRPORT 47 FAIRPORT 39 FAIRPORT 55 FAIRPORT 50 FAIRPORT 23

12 PENFIELD IRONDEQUOIT 24 EAST ROCHESTER 6 **GREECE OLYMPIA 17** BRIGHTON 34 BROCKPORT 12 27 PAL-MAC WEBSTER 18 **RUSH HENRIETTA 12** 21 GATES-CHILI PITTSFORD 6 GREECE ATHENA 22 BRIGHTON 32

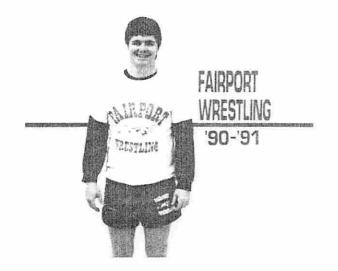
J's

LEAGUE RECORD: 8-0 OVERALL RECORD: 11-2

DIVISION I J V CHAMPIONS

CONGRATULATIONS

JV COACH MIKE BARKER



COACH'S COMMENTS:

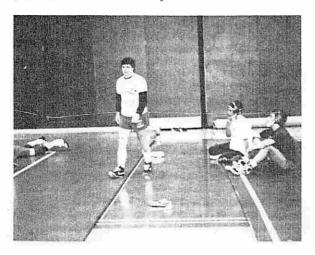
This team grew a tremendous amount over the last year. Though we never used the same line-up twice all season, we were able to fight through this adversity and repeat as the Division I JV Champions. The JV Red Raiders developed through important non-league matches with East Rochester, Pal-Mac, and Brighton. The season ended when the Red Raiders defeated Greece Athena to retain the Division I title.

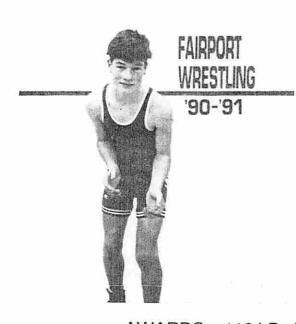
Congratulations to the Sophomores who were part of two championships and I know that you will have success in the future. I am very proud of how much the Freshman improved and I look forward to continued success next year.

You should be as pleased with your accomplishments and as proud as I am of your efforts.

Thanks for a great season,







JAMIE FLECKENSTEIN:

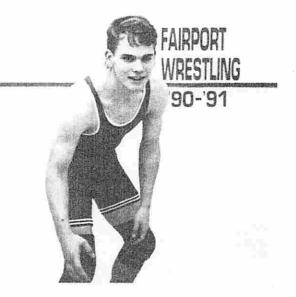
SOPHOMORE 112 - 119 LB. WEIGHT CLASS RECORD: 25 - 2

AWARDS: 112 LB. MONROE COUNTY JV CHAMPION BROCKPORT JV TOURNAMENT CHAMPION NORTH-ROSE WOLCOTT JV CHAMPION 3RD @ JV PENFIELD CHRISTMAS TOURNAMENT

JV TEAM CO-CAPTAINS

PAT MORELAND :

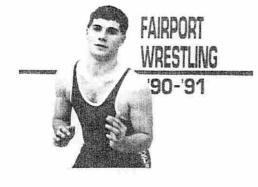
SOPHOMORE 167 - 177 LB. WEIGHT CLASS RECORD: 17 - 1



AWARDS: 167 LB. MONROE COUNTY JV CHAMPION 2ND @ PENFIELD JV CHRISTMAS TOURNAMENT J.V. TEAM

JOHN AGNELLO

FRESHMAN 155 - 167 LB. WEIGHT CLASS RECORD: 17 - 3



AWARDS: 2ND @ MONROE COUNTY JV CHAMPIONSHIPS 2ND @ BROCKPORT JV TOURNAMENTS NORTH-ROSE WOLCOTT JV CHAMPION

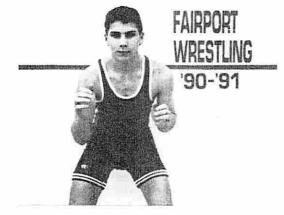
BOBBY DUNN:

FRESHMAN 105 LB. WEIGHT CLASS AWARDS: 3RD @ NORTH-ROSE WOLCOTT JV TOURNAMENT



DAN FINGLER:

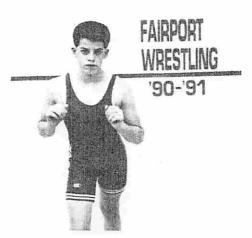
FRESHMAN 126, 132 , & 138 LB. WEIGHT CLASS RECORD: 21 - 2



AWARDS: 2ND @ MONROE COUNTY JV CHAMPIONSHIPS BROCKPORT JV TOURNAMENT CHAMPION 3RD @ NORTH -ROSE WOLCOTT TOURNAMENT

FRESHMAN 98 - 105 LB. WEIGHT CLASS

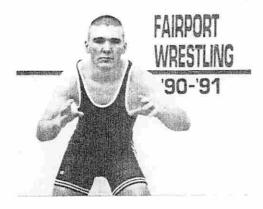
"ONE OF THE WALKING WOUNDED AND A CHARTER MEMBER OF THE FISHBOWL SOCIETY"



JOE FRASER:

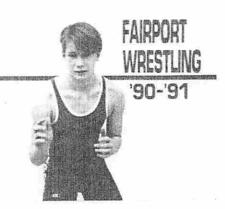
J.V. TEAM

ERIC HONSBERGER :



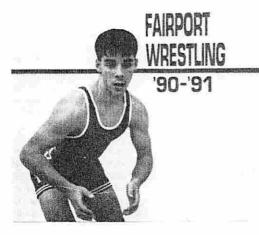
FRESHMAN 145 LB. WEIGHT CLASS RECORD: 3 - 3

FRESHMAN 126 LB. WEIGHT CLASS RECORD: 2 - 0



ROB JENSEN:

S J MORGANTE :

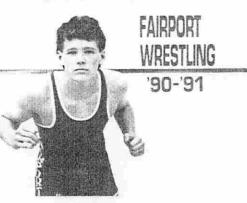


FRESHMAN 126 LB. WEIGHT CLASS RECORD: 26 - 2 2ND @ MONROE COUNTY CHAMPIONSHIPS BROCKPORT JV TOURNAMENT CHAMPION PENFIELD CHRISTMAS TOURNAMENT CHAMPION NORTH-ROSE WOLCOTT JV TOURNAMENT CHAMPION

SHANE MOYERS:

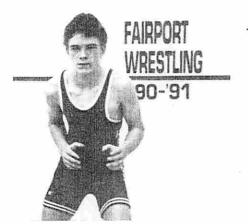
SOPHOMORE 155 LB. WEIGHT CLASS RECORD: 7 - 4

AWARDS: 3RD @ NORTH-ROSE WOLCOTT JV TOURNAMENT





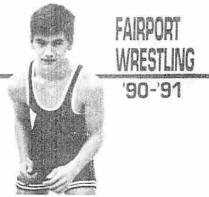
MIKE MULDOON :



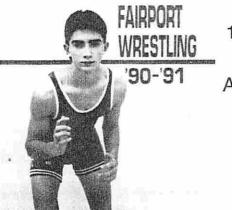
FRESHMAN FARPORT 132 & 138 LB. WEIGHT CLASS RECORD 13-5

SOPHOMORE 132 & 138 LB. WEIGHT CLASS RECORD: 5-5

R J PIERROT:



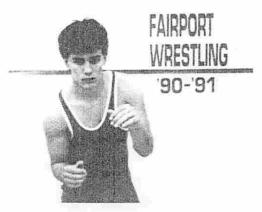
KEVIN NOWACK:



FRESHMAN 119 LB. WEIGHT CLASS **RECORD: 15 - 9**

AWARDS: 2ND @ BROCKPORT JV TOURNAMENT 4TH @ PENFIELD JV CHRISTMAS TOURNAMENT

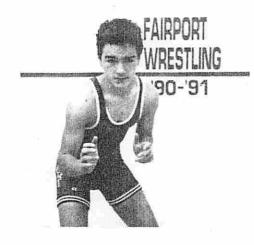
TED RICHANE:



FRESHMAN 155 & 167 & 177 LB. WEIGHT CLASS RECORD: 7-6

J.V. TEAM

JASON SOLAREK :

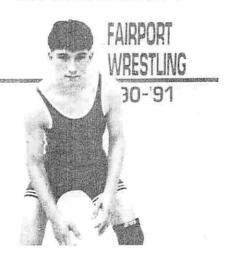


FRESHMAN 138 & 145 LB. WEIGHT CLASS RECORD: 18 - 7

AWARDS: 2ND @ MONROE COUNTY JV CHAMPIONSHIPS 2ND @ BROCKPORT JV TOURNAMENT

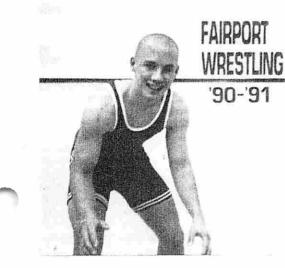
SOPHOMORE 138 & 145 LB. WEIGHT CLASS RECORD: 10 - 5

> AWARDS: 4TH @ NORTH-ROSE WOLCOTT TOURNAMENT



JIM SZEREMETA:

JASON ZELLER:



SOPHOMORE 155 & 167 & 177 LB. WEIGHT CLASS RECORD: 20 - 5 - 1

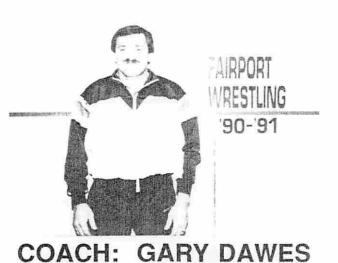
AWARDS :

4TH @ MONROE COUNTY JV CHAMPIONSHIPS PENFIELD CHRISTMAS TOURNAMENT JV CHAMP NORTH-ROSE WOLCOTT TOURNAMENT CHAMP

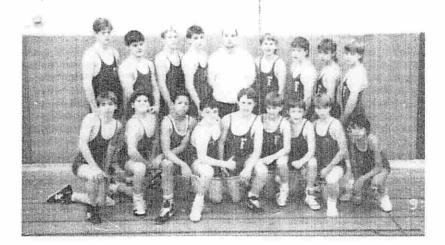
JOHANNA PERRIN WRESTLING TEAM



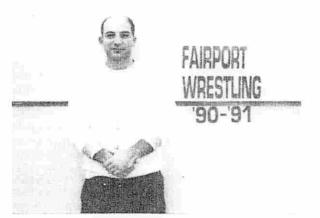
BOB BAILEY, JOHN BILLINGS, CHAD BOWERS, GARRETT BREMER, JOE CHENELLY, DANIEL COON, BRIAN COPPERWHEAT, DON CORTINA, MATT DAIGLER, MIKE DETTMAN, MIKE DEVITO, DILLON, JODY DISABANTONIO, BRAD EMLER, DAVID GIVNTA, ANDY GRAMMATICO, BRIAN HEVSINKVELD, MARK HEVSINKVELD, PETER HINES, MICHAEL KAPUSCINSKI, ANDY KNOX, JEFF LEDGERWOOD, ADAM LINDSAY, DAVID LYSY, CHAD MARGOTT, SEAN MARTIN, RYAN MARX, SCOTT MAZZOLA, KEVIN MCFARLAND, JEFFERY MILLER, SCOTT PICKLES, DOUG ROBINSON, TODD SHULYN, GAVIN STOUTENBURG, JASON WENTWORTH, AND DAVE ZOYACK.



MARTHA BROWN WRESTLING TEAM



GREG BACKUS, BRENT BAKER, NEIL BAKER, CHRIS BAKER, JAY BLANK, BRETT BOWERMAN, BEN FURTH, JOE GIBBARDO, ILLYA GRANGER, JEFF KEYS, RYAN KEOGH, SOMMANE KOMSONKEO, TIM KUEHN, PAT LATON, DON MATTICE, BRIAN MATZAN, JOSEPH MELROSE, MATTHEW MELROSE, DENNIS MENTON, JAMES MOONEY, PHOSAY MOUNMOUNGTAI, CHRIS OTTEN, HERMAN PARSONS, JOE TROTT, RYAN WADE, AND BRIAN WALSH.





MIKE AS HE PREPARES TO GIVE. GIVE WHAT ? WHAT ELSE BUT BLOOD !!!!



GET THE PLUGS, COTTON ,AND ETC.

WINNERS VERSUS LOSERS

The WINNER- Is always a part of the answer; **The LOSER**- Is always a part of the problem.

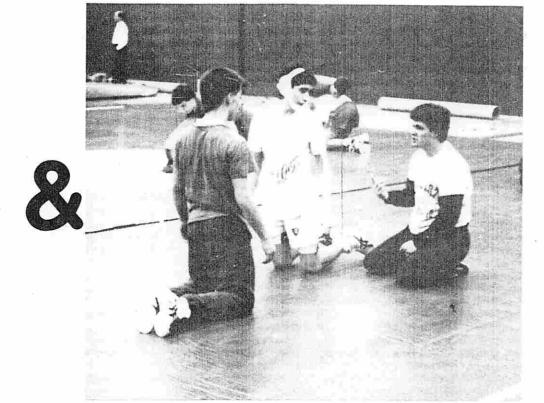
The WINNER – Always has a program; The LOSER – Always has an excuse.

The WINNER– Says "Let me do it for you." **The LOSER**– Says "That's not my job."

The WINNER– Sees an answer for every problem; **The LOSER**– Sees a problem in every answer.

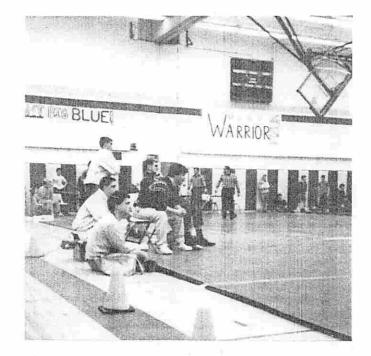
The WINNER – Says "It may be difficult, but it's possible." **The LOSER** – Says "It may be possible, but it's too difficult."

YOU" VE GOT EVENS



YOU' VE GOT

ODDS



NO QUESTION ABOUT THE CALL!!! IT'S STALLING (OR MAYBE SLEEPING!!!)



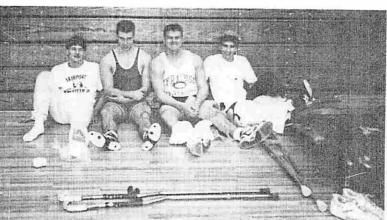
NOW THOSE ARE BACK POINTS !!!



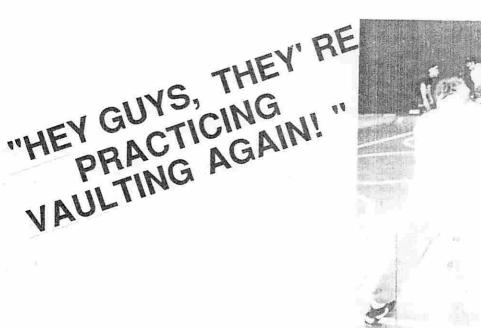


MISSING FROM PICTURE IS JOHN FINGLER (BUT HIS CRUTCHES MADE IT)



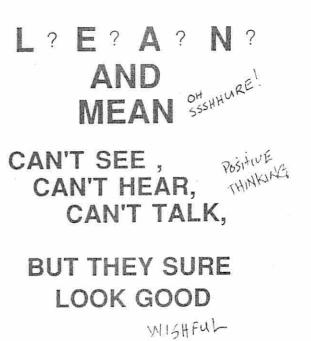






OVER THE HILL GANG







THE SMART ONE



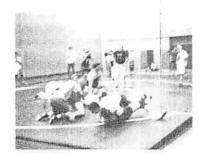
LET ME IN COACH



HEY, GET OFF BACK



HEY COACH, I THINK WE CAN USE ALL 6.

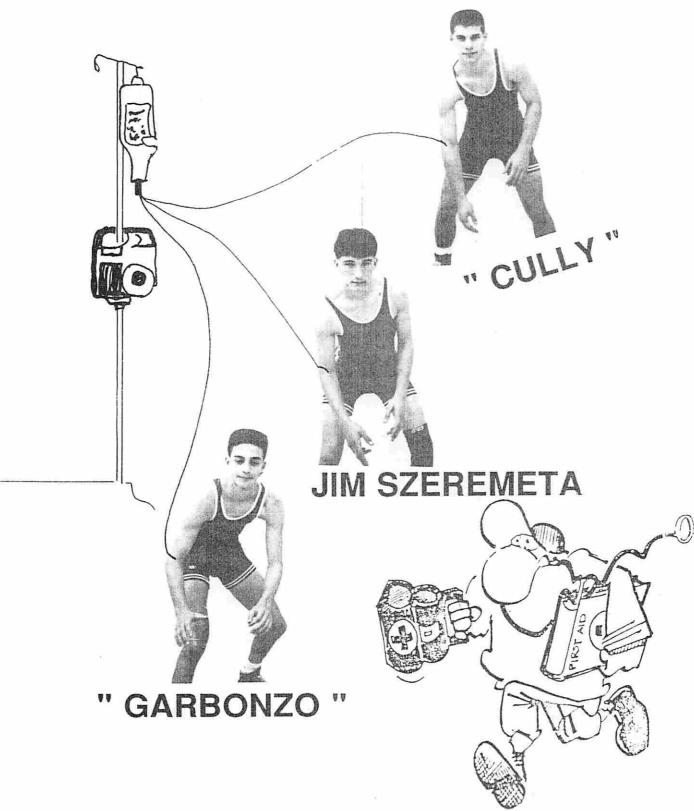


ONE DOWN



ROB RUNS AWAY FROM THE HEAVYS!

WRESTLER'S GIVE A LOT!! THEY EVEN GIVE BLOOD !!!! BUT THESE GUYS BLEED (ALL THE TIME) FOR THE TEAM !!



THIS BOOK WAS MADE AVAILABLE COMPLIMENTS OF



- 8. Trunk Twist
- 9. Body Press
- 10. Gut Wrench

BONUS: Duck Under

ODE TO A WRESTLER'S MOTHER

I think that wrestlers' moms agree, Not one maintains serenity When her son's there upon the mat And some big bully takes him flat.

Then brutally applies a hold That twists the boy while Mom grows old; Her heart skips beats and time stands still; Till he escapes, his Mom looks ill.

Some moms can't look and some moms freeze, And some will yell at referees; And some will punch upon the dads In desperate tries to help the lads. การเการ์การเการ์การเการ์การเการ์การเการ

การแกรม เการ์การแกรม

Sor one

Remember the bumps and bruises Mom fixed; Remember the vitamins too. Think of the meals and the medicines mixed, Remember how strong her sons grew.

ระแนวส์ภายแนวส์ภายแนวส์ภายแนวส์ภายแนวส์ภายแนวส์ภายแนวส์ภายแนวส์ภายแนวส์ภายแนวส์ภายแนวส์ภายแนวส์ภายแนวส์

Where is the boy with the handsome physique, Who constantly cleaned up his plate? The very same lad who's a bundle of bones As he starves and sweats to "make weight."

What ever happened to the young man Who used to stand upright and tall? Crouched in the mat like a gaunt, stalking ape Who barely looks human at all.

I think that I will never see A wrestling mom impartial be, When her son's out before the crowd, You almost hear her prayers out loud.

She's thankful for the coach and school, She's proud her son can keep his "cool," She's thankful he has strength and poise, And best of all, he's wrestling boys!