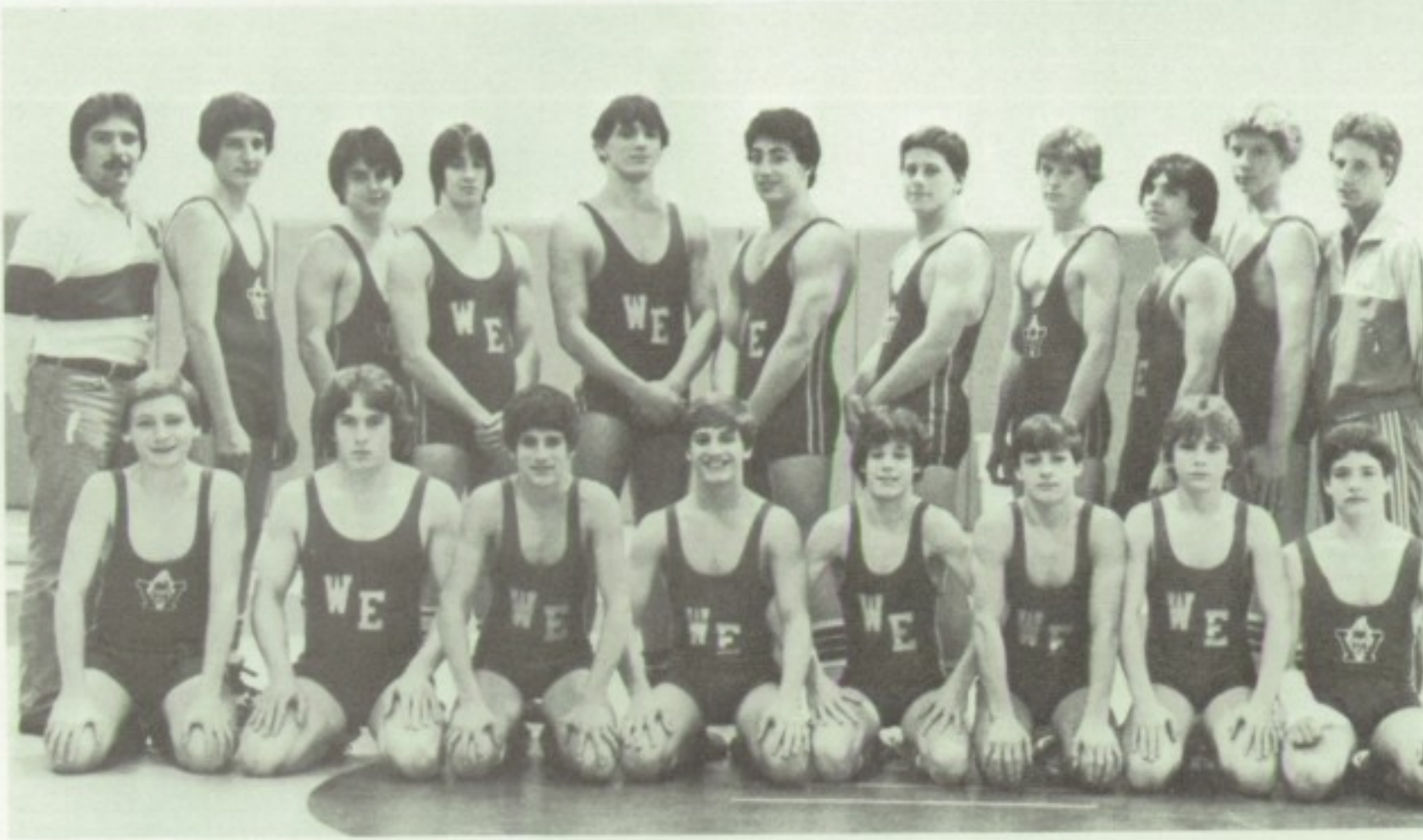


Muscle Men



FRONT ROW: Dave Vangelof, Mike Sano, Mark Hamel, Jeff Costanzo, Scott Rogers, Mike Costanzo, Tony Remsan, Dan Benfanti. ROW 2: Coach Weber, Greg Stephen, Josh Walton, Dave

Clark, Chris Premielewski, Peter Weinstein, Howard Halberstadt, Bill Provost, Bob Dugan, Al Haus.



On Monday afternoon of November 18, approximately thirty kids showed up in the upper gym to begin wrestling practice. By the end of practice, the team narrowed down to about twenty-five. By the time the season actually started there were about 18 dedicated wrestlers on the team. Eighteen hard working, willing and devoted wrestlers that now make up the JV and Varsity teams.

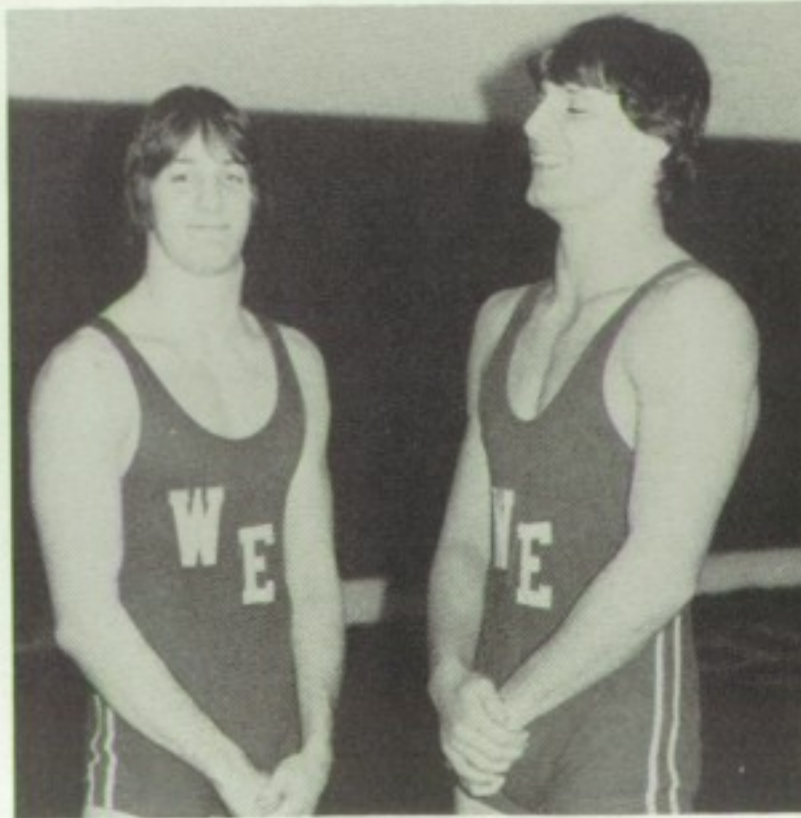
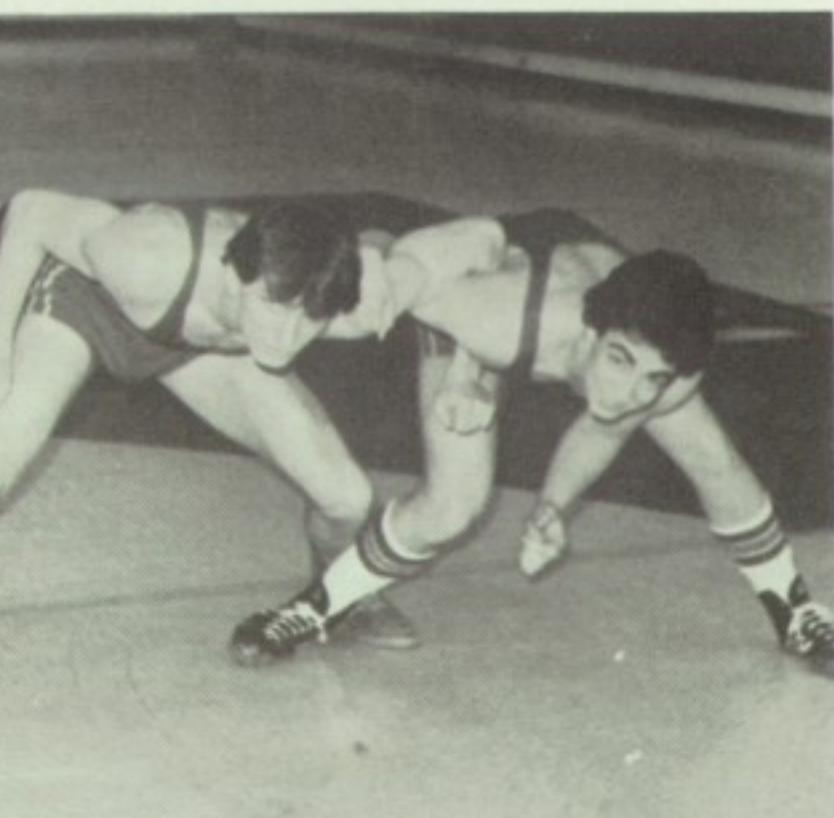
With just barely enough wrestlers to fill up the twelve weight classes, the team won the opener with an impressive seven pins. The varsity team at that time consisted of two freshmen, two sophomores, six juniors, and two seniors. From that point on the Varsity wrestlers had put together the best record in three years at East.

The JV team has 4, 5, or 6 wrestlers, depending on if there is an injury or if the varsity team needs someone to fill in. JV wrestling, is mainly a learning experience to achieve the valuable wrestling time needed to become a good Varsity wrestler.

One of the biggest gripes in wrestling is weight control. The day before a meet the practice is usually keyed on losing the few pounds necessary to meet the weight requirement for a weight class. Perhaps the most difficult part of wrestling is sweating to lose the last couple of pounds in a plastic sweat-suit. Dedication is essential to become a good wrestler.

The individuals on the team should be recognized for their outstanding achievements. For example, in the St. Francis Tournament, Jeff Costanzo took first place and most outstanding wrestler. Tom Suchayna received first place in his weight class. Scott Rogers and Mike Costanzo each took second place in their weight classes. In the JV Starpoint Tournament, six out of seven of East's wrestlers received either a first, second, third or fourth place award.

The team is looking forward to a great follow-up season next year.



BOYS' VARSITY WRESTLING

Alden	WON
Lancaster	LOST
Williamsville South	LOST
Amherst	WON
Starpoint	WON
Holland	WON
Eden	WON
Cheektowaga	LOST
Sweet Home	LOST
Depew	WON
Iroquois	LOST
Williamsville North	LOST
Maryvale	LOST
Clarence	LOST