

1994-95

Genesee Region Wrestling Tournament

Byron-Bergen Central School

February 11, 1995

Alexander

Attica

Holley

Byron-Bergen

Kendall

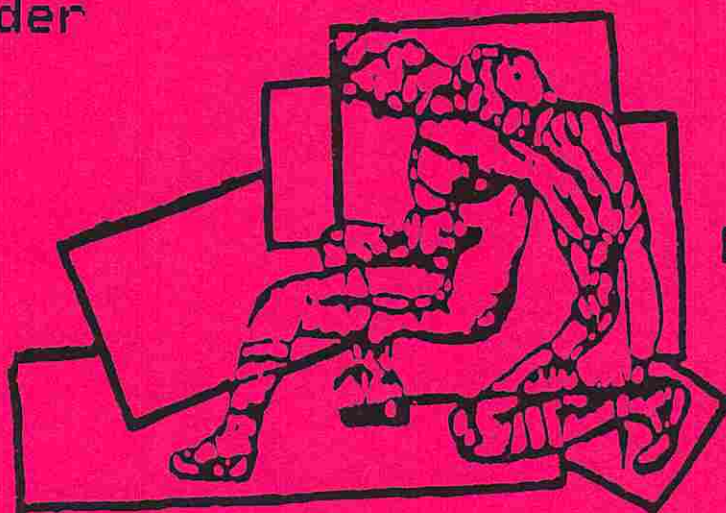
Lyndonville

Pavilion

Pembroke

Notre-Dame

Varsity & Junior Varsity



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A Letter To My Coaches: "I'll Remember"

Editor's note: This letter is a reprint from the Minnesota State High School League December 1993 issue of "League Briefly."

This letter reflects the experience of a student/athlete who said, "I've been an athlete all my life... through junior high and high school. And I've had a lot of coaches. Most were great people and I learned a lot about what is right and wrong and how to treat other people. This letter is one that I would like to send to my coaches... maybe someday I will." —Dorothy McIntyre Associate Director Minnesota SHSL

To My High School Coaches:

I'm ready to graduate and leave high school sports. It has been a great experience. To all of you, thank you for all of your time and effort spent with our teams during these past years. As a three-sport athlete, I've had many opportunities to enjoy competition all the way to a state tournament. I'll remember these experiences my whole life.

All of you have been role models for me. I've learned a lot about doing what's right, even when it's hard, like reaching out a hand to help an opponent who just elbowed you.

But one of you taught me how to "get even," like the time the official called a foul on me for tripping an opponent. And you pulled me out of the game and chewed me out for getting a foul. Then you said, "Next time, do it when the official isn't looking and do it harder."

Over the years we spent a lot of time learning about the rules for each sport. Many of you talked a lot about how important it was to play by the spirit of the rules too. It felt good to play that way. You made us congratulate our opponents at the end of the game, win or lose.

But, several of you really taught us a lesson when you told us how coaches have to "work officials." And we had to listen to you scream at the refs, pound on the bench, jump up and rip off your jacket. What a scene. We got so we expected it, but it was still so embarrassing to us as a team.

One of my friends in tennis told me that one of you coached her how to call a ball "out" that landed close to the line, and then turn her back on the other player so she couldn't question the call. She said it worked most of the time.

And in our student leader support groups, one of the guys in wrestling said his coach bought them an ice cream cone after a meet for anyone who gave their opponent a bloody nose.

I love sports and would play even when I didn't feel good, or I hurt, and had lots of pressures at home or school. I really appreciated all of you who left your doors open so I could come in and talk during those times. You always made me feel that you had time for me as a special person on the team.

You should know that the toughest times for us were when you would lose your temper at one of us, and yell things like "Get your head in the game", or close to the end when the pressure was the hardest, you'd say things like,

"What are you trying to do? Lose the game for us?" And then when we hadn't done well, sometimes you wouldn't talk to us at all.

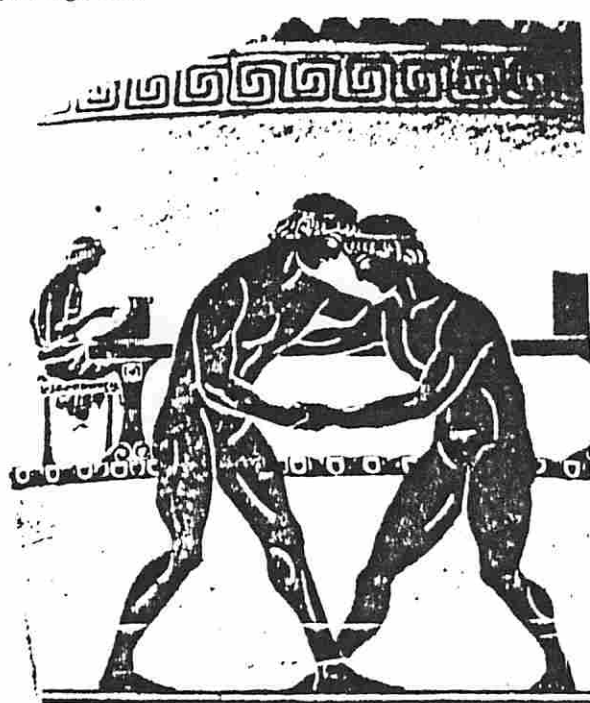
My greatest appreciation is for each of you who showed respect for us as athletes and human beings. One of my friends left her sport after a coach had a public weigh-in and posted the "fat list" on the gym wall. Even now, we don't talk about that day.

And my best memory, was how in your sport, we'd celebrate the end of our season even when we didn't reach our goals of winning the conference or going to the state. You made us feel that if we did our best and worked together as a team, that was a winning season and we were a great team.

I guess I've learned a lot over the years, from you, my coaches, and from my teammates, my parents, and most of all, from my brother who participates in adapted athletics. He runs in track. Last spring, during a race, he and a friend were running in the same event. He was ahead when his friend tripped and fell down. My brother stopped, went back, helped his friend up and they ran over the finish line together. I guess he understands what sports are all about.

Now it's time to close my high school career and sort out all of the things that I've been taught with you as my coach. I hope that I've listened to the right messages and watched the right people, because I'm heading off for my new life now.

And I'll be remembering you.



THE WORLD'S OLDEST SPORT



...On Appreciating The Wrestler's Best Friends

By Bill Welker, Ed. D.

W

restlers! If you haven't realized it yet, don't ever forget the plight of your parents.

Young gentlemen, I'm afraid that during this time in your

lives, you have no idea of what your parents go through because of their love for you. I know what I am talking about because I never thought about it, myself, until I stopped competing and had time to mature and think back to those days.

For example, I can now remember the time my father fell off the bleachers--due to his gyrating movements to help my brother when he was wrestling. Mom, on the other hand, often had to leave the gym when we wrestled because it was too hard on her nerves to watch us.

And get this, my dad did not even come to witness my state championship match in 1963, not because he didn't love or support me with all his heart--but because he couldn't take the pressure any longer. (He instructed Mom to call him right after the match.)

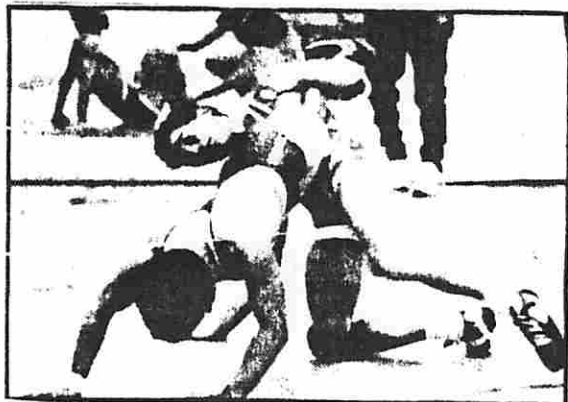
If you still don't understand what I am talking about, I can assure you that your parents know what I am getting at--because many of them have experienced similar feelings. Like my parents, they, too, have often demonstrated the same mannerisms while you wrestled.

There's no doubt about it; this is not only one of the toughest individual athletic events for the participant, but also for his parents. As a matter of fact, there are some people I know who have been involved in wrestling themselves, but

would rather not have their own kids wrestle. You see, they don't want to be exposed to the kinds of stress to which I am referring.

Well, true wrestling parents are quite special. They are willing to accept the sacrifices their sons have to make. These parents know how the mat sport teaches individual responsibility--a trait that will follow their boys throughout the rest of their lives.

So, young men of the mats, listen to what I am saying. And take a moment to thank God for the wonderful parents with whom you have been blessed. Oh, and especially take the time to sincerely thank your mom and dad for their dedication to you and your athletic endeavors. They truly are the best friends in life. 🐾



Weight Loss Plan for Wrestlers

Note: The following weight loss diet is an excerpt from "Take It To The Mat," a book by Iowa State and '92 U.S. Olympic wrestling coach Bobby Douglas. The 159-page book is available from Sigler Printing & Publishing (phone 1-800-453-3960 to order).

MAKING WEIGHT

By Bobby Douglas

My first experience with making weight was at Bridgeport High School my freshman year. I was the second team 103-pounder — my normal weight was 97 pounds. When the season started I could eat as much as I wanted and never needed to worry about making weight.

I had my first bad experience when on the day of weigh-ins I was three pounds over. Shedding those three pounds taught me the true meaning of wrestling. I had no idea that my weight would jump as high as it did, but I did know it would be tough taking it off. I'd never cut weight before because I was always two or three pounds under. The seniors told me what I had to do. They also told me what would happen if I didn't do it.

I learned about discipline when our heavyweight, Tiny, convinced me that if I didn't make weight, it would be a fate worse than death. I remember the fear when the captain asked me about my weight. I said that I was down.

To make weight that day, I went to the furnace room of my high school. During the next hour and a half, I cut the three pounds.

During that time I learned discipline. I felt I couldn't stop because my teammates were depending on me. I heard George Kovalick's words about courage. I felt the fear of failure, and I knew that making weight was part of the spirit of wrestling. It was during that time I really became a wrestler.

DIET FOR WRESTLERS

By Karen Moses

The following diet was planned to ensure adequate vitamins, minerals, carbohydrates and protein while limiting calories for weight loss. The 1900-calorie sample diet provides adequate amounts of most nutrients for a male, age 19-22. The nutrient zinc is present at only 80% of the Recommended Dietary Allowance (RDA); thus it is advised that multi-vitamin/mineral tablet containing 100% of the RDA for zinc be taken two to three times per week. The higher calorie diets contain at least 100% of all essen-

tial nutrients. Protein in the diets meets the RDA for protein of a 290-pound man. Dietary carbohydrate provides greater than 60% of the calories, which is suggested for athletes in order to supply the body with adequate glycogen for energy. Calories in the diet are reduced through limiting the use of fats and oils.

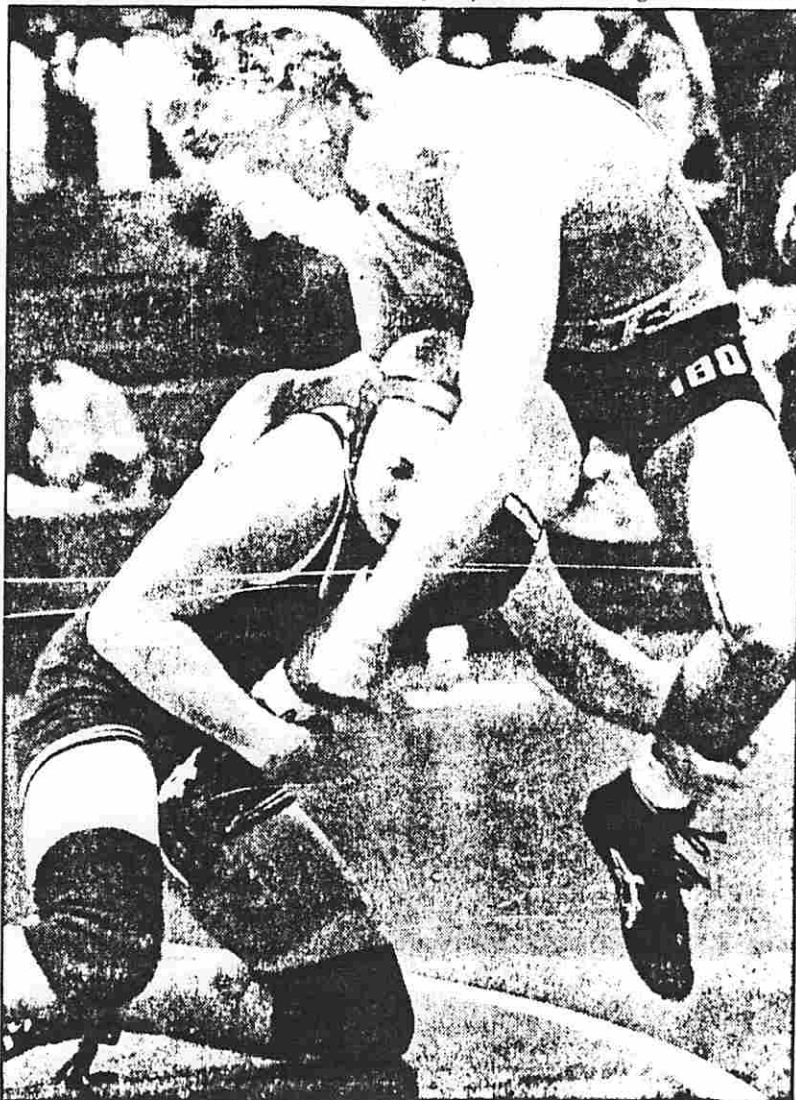
It is very important when losing weight that the athlete lose excess fat instead of valuable body fluids, muscle or organ protein. To prevent the wasting away of lean body mass during weight loss, an athlete should lose only one to two pounds per week. Weight loss techniques such as sweat baths, fasting, vomiting, using laxatives or diuretics or denying the body fluids may produce rapid weight loss. However, these techniques result in body water loss and muscle loss and hurt athletic performance. As a wrestler, it is important to keep weight at or near performance weight. If weight

stays within 5-10 pounds of performance weight, an athlete should be able to lose that weight in three to five weeks without using weight loss techniques that can harm performance.

The 1900-calorie weight loss plan may be too low in calories for some athletes. Those athletes should add additional calories according to the instructions in the section "Meal Plan for Higher Calorie Diets."

Keep in mind that each body is different. If you find that you are losing weight too quickly or too slowly, that you are tired or weak, or even that you don't like any of the food choices offered — speak up! Your coach, doctor or nutritionist can design a weight loss diet that more specifically meets your needs.

After you have lost the necessary amount of weight, continue eating a well-balanced, high-carbohydrate diet. This will help you to maintain your performance weight. (Continued on next page)



Nutrition Guidelines

1. When possible, choose lowfat or nonfat products such as light cream cheese, light mayonnaise, 1% or skim milk.

2. Avoid cheese, nuts and fatty meats. All are high-fat items.

3. Cut back on fried foods. Meats that are boiled, broiled or grilled and vegetables that are boiled or steamed are better choices.

4. Remove the skin before eating chicken or turkey.

5. Use water-packed tuna.

6. Eat at least one dark green or yellow/orange vegetable each day.

7. Eat a food that is a good source of vitamin C every day (orange juice, citrus fruit, kiwi, strawberries, bell peppers, broccoli).

8. Drink plenty of water.

9. Cut back on the amount of fats you add to foods, e.g., butter, margarine, mayonnaise, sour cream, regular salad dressing.

10. Eat foods that are high in complex carbohydrates often. This includes starchy vegetables, beans and peas, breads, cereals and other grain foods.

Eating Before An Event

1. Eat three to four hours before an event to make sure the stomach has time to empty and to help prevent cramping.

2. Pre-event meals should be high in carbohydrates. Sample meals include: orange juice, corn flakes, banana, whole wheat toast with jelly and skim milk; or, vegetable soup, sliced turkey sandwich on wheat bread, fruit and lowfat strawberry yogurt; or, vegetable salad topped with lean ham, lowfat salad dressing, hard roll and skim milk; or, pasta with tomato sauce, Italian bread and small vegetable salad with lowfat yogurt.

3. Meals should not be high in fat or protein, as these nutrients slow digestion. Foods to avoid include hamburgers, hot dogs, sausage, peanut butter, doughnuts, french fries, hash browns, mayonnaise, regular salad dressing, cream cheese, margarine or butter.

4. A liquid meal (such as yogurt shakes, sports drinks or instant breakfast beverages) can be taken up to one hour before an event.

5. No food should be eaten less than one hour before an event. This can cause stomach upset or cramping, which can hurt performance. However,

the athlete should drink plenty of water or other dilute fluids during this time.

6. Within the first hour after training, replace lost carbohydrates (glycogen) with beverages, meals and snacks that are high in carbohydrates. These include: cereal, bread, pasta, muffins, pancakes, rolls and other grain foods; fruit, fruit juice, dried fruit and vegetables, especially starchy vegetables like potatoes and corn; low-fat milk, yogurt, cocoa, ice milk, milk shakes, ice cream and frozen yogurt; legumes like refried beans, lima beans and chili beans.

Hints For Weight Loss

1. Use the sample diets as a guide for weight loss.

2. Fats are truly fattening, so it is especially important to avoid fried foods, fatty meats, cheese, whole milk and added fats like sour cream, mayonnaise, salad dressing, margarine and butter.

3. Stay away from sugary snacks like soda pop, candy and other sweets. These snacks can make your weight loss program backfire.

4. Drink lots of non-caloric beverages before and during a meal. Beverages like water, tea and diet pop will help fill you up without adding calories.

5. It takes your stomach about 20 minutes to tell your brain that it is no longer hungry. Eat a low-calorie snack about 20 minutes before a meal and, like your mother says, "You'll ruin your dinner." Low-calorie snacks include apples, oranges, grapes, carrots, lettuce, etc.

6. Another idea is to make the salad course last 20 minutes, or to eat slowly. It is common to eat two plates full of food before you realize you are no longer hungry.

7. Make sure you are not confusing hunger with thirst. You may think you are hungry when a glass of water would satisfy your craving.

8. Keep busy, within about 10 minutes our hunger pangs usually ease up.

Drink Dilute Fluids

1. Drink plenty of dilute fluids before, during and after events and practice sessions. Commercial fluid replacement drinks contain a small amount of carbohydrate. Drinks like this will help maintain carbohydrate

stores in the body. Stay away from fruit juice before and during workouts — it is high in natural sugars, which can cause stomach discomfort or, for some athletes, can cause a sugar rebound.

2. Drink about 2½ cups of water or dilute fluids two hours before training.

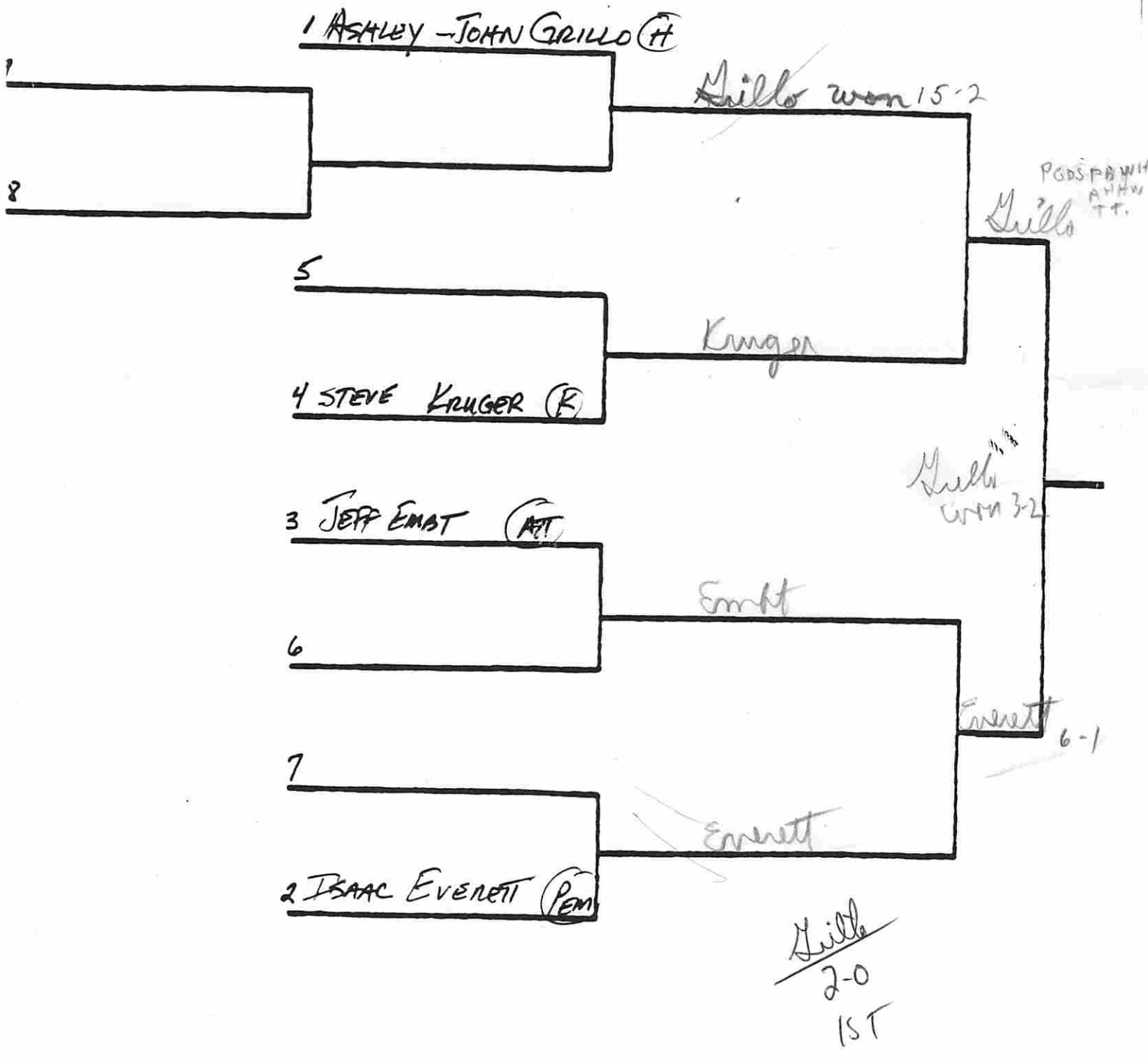
3. Drink about 2 cups of fluid 10-15 minutes prior to training.

4. Drink about ½ cup of fluid every 10 minutes, or 1½ cups every 30 minutes, during an event or practice session.

5. After a workout, drink two cups for every one pound of body weight lost during training (two cups of water weighs one pound).

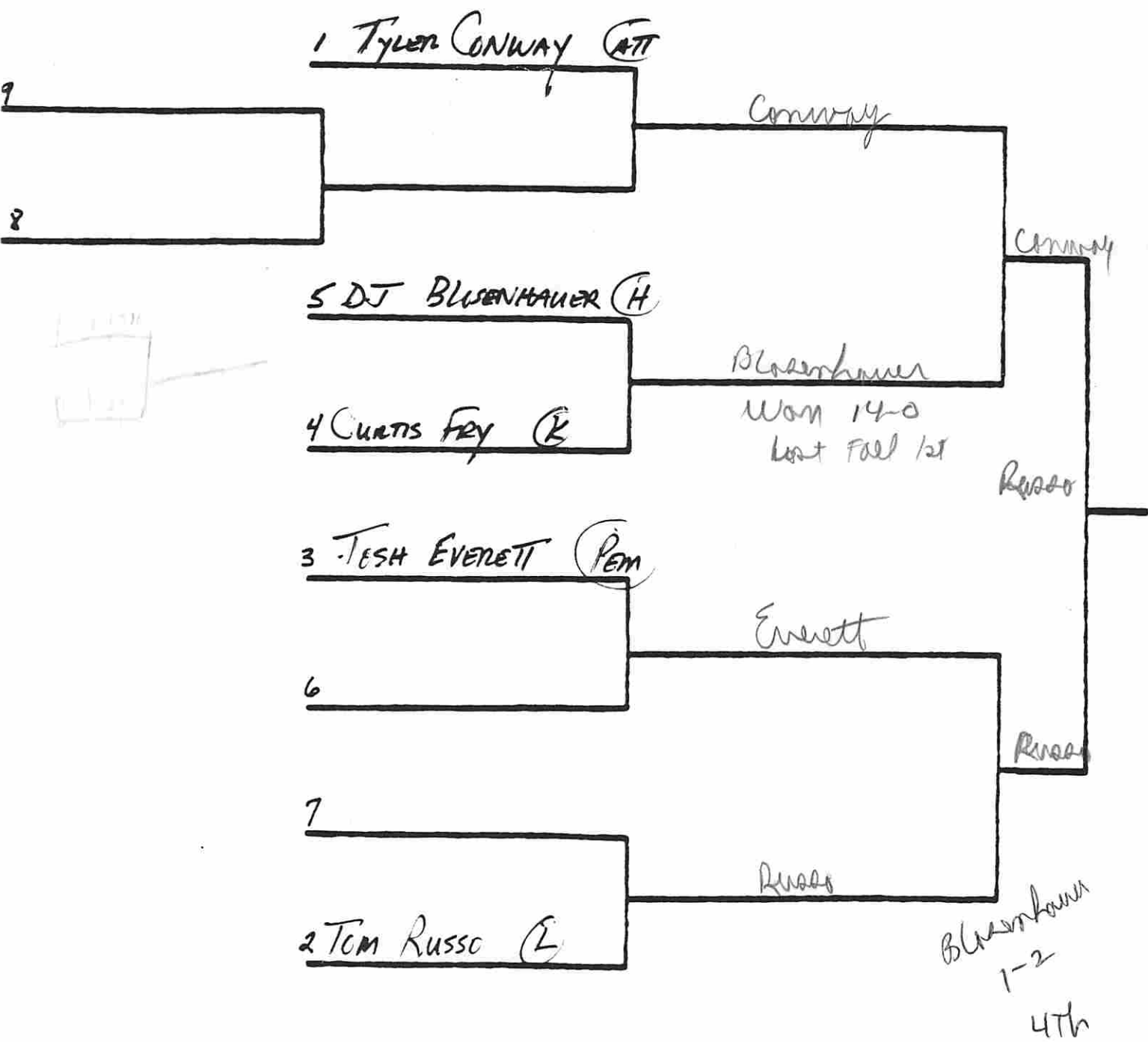
6. Don't forget to drink or eat something high in carbohydrates within one hour after training. This will aid recovery from the workout.

WEIGHT CLASS 91



Everett Everett
Blasenhauer lost Fall 1st

WEIGHT CLASS 98



WEIGHT CLASS 105

1 ADAM FLINT (PAV)



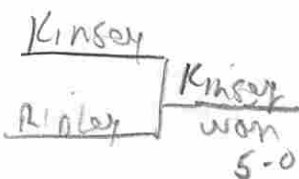
Flint

5 CHRIS WRIGHT (POM)

Ridley

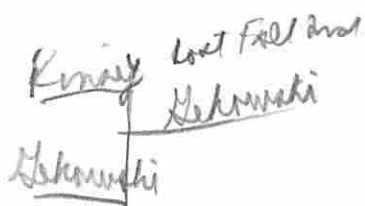
4 BRIAN RIDLEY (L)

Flint



3 PAT GEEKOSKI (K)

mye



6 JOHN KINSEY (H)

Geekoski

lost 7-1

mye

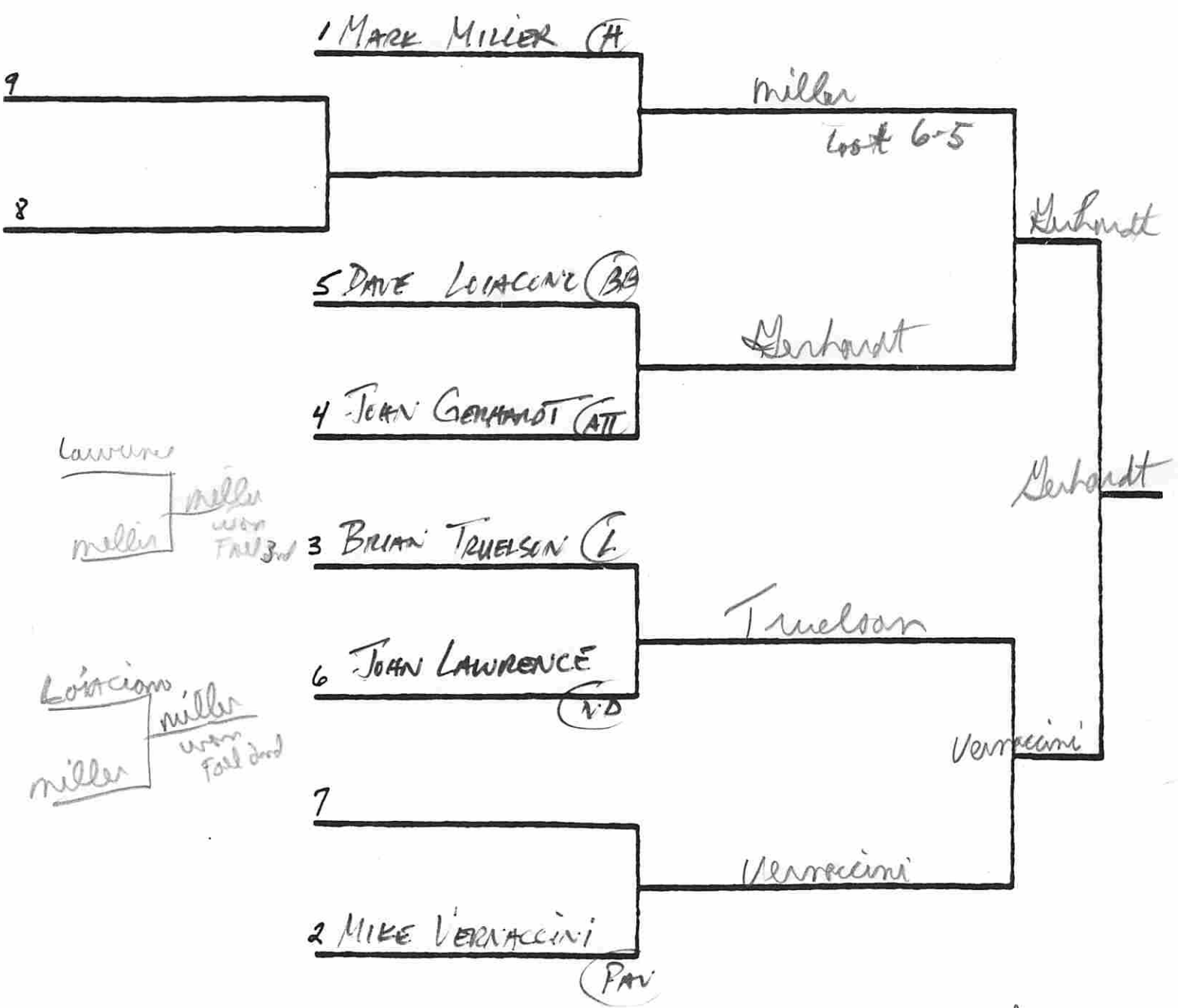
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2 JEFF MYE (ATT)

mye

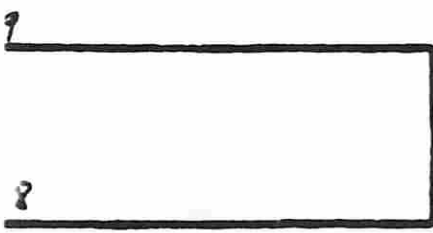
Kinsey
1-2
4th

WEIGHT CLASS 112



Miller
2-1
3rd

1 SHAWN VAINIC (BB)



Vainic

Vainic

5 TIM RIDLEY (L)

Ridley

4 TERRY BISHOP (H)

Cost Pool OT

Vainic

lost 9-2
Bishop Sabato

3 CHRIS SABATO (ND)

SABATO

6 T.J. TEMASING (L)

Everett

7 DEREK HATHAWAY (H)

Everett

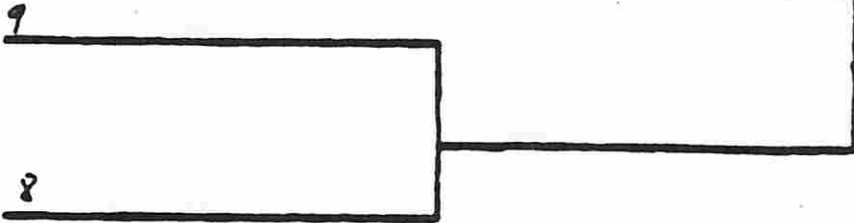
2 JENEMY EVERETT

Pen

Bishop
0-2
no place

WEIGHT CLASS 132

1 BILL GERHARDT (AT)



Gerhardt

5 JEREMY PASARELL (H) lost 3-2

4 JUE BALONEK (ND)

3 ALEX SMITH (AL)

6 BRETT WILSON (L)

7

2 JIM MARION (K)

Gerhardt

Balonek

Gerhardt

Smith

Smith

marion

Pasarell cost Fall
3rd
marion

Pasarell
0-2
no place

WEIGHT CLASS 138



WOLF
1-1
2nd place

~~Flint~~
~~Flint~~
Flint

WEIGHT CLASS 145

1 GREG LAUDE (AT)

Laude

5 DAN SANTILIPPO (H) *lost 9-7*

Jurinich

4 MAX JURINICH (L)

3 BUB YAN (K)

Yan

6

Yan

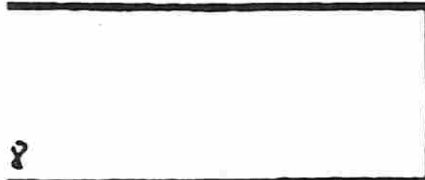
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Maher

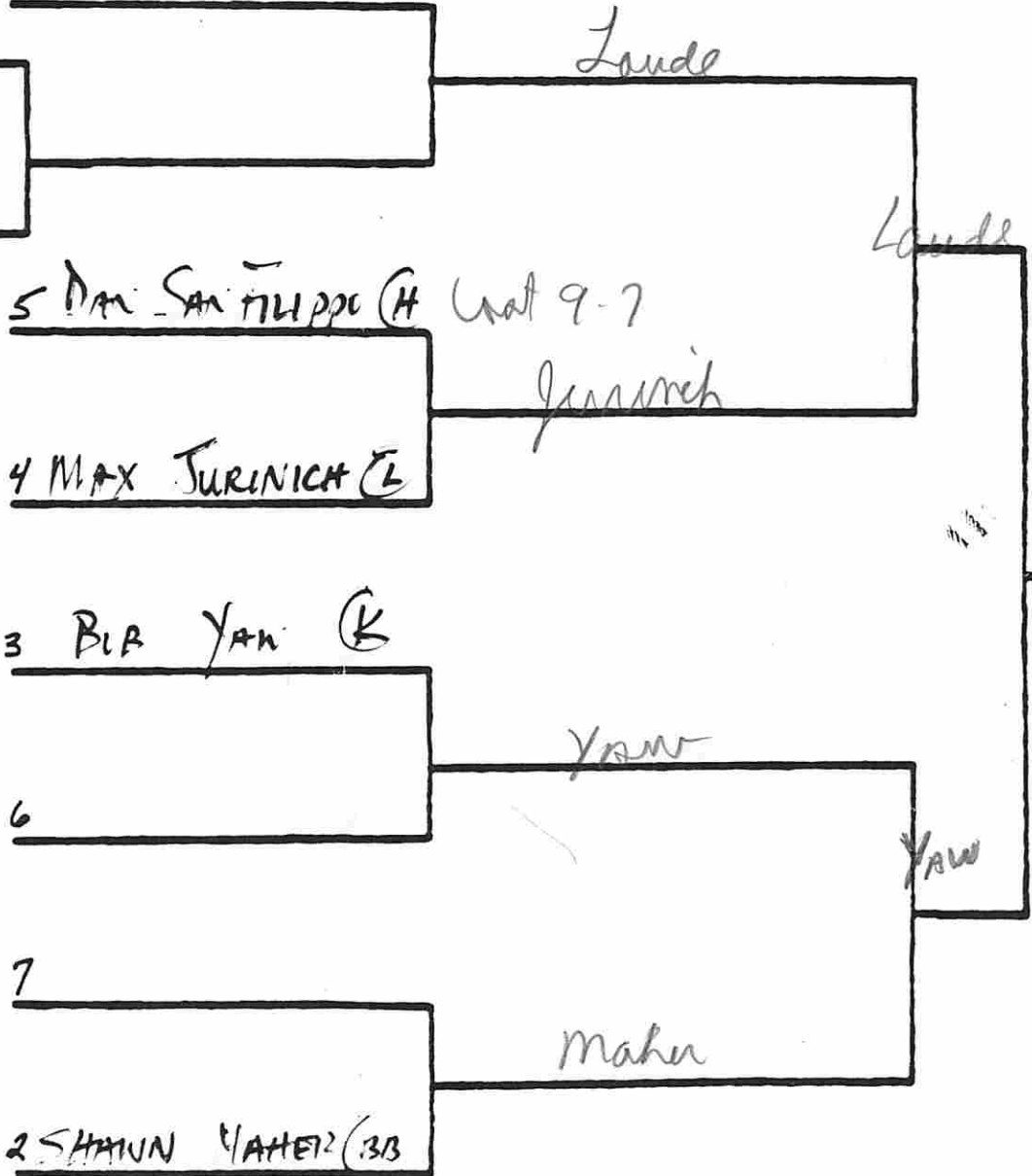
2 SHAWN MAHER (3B)

*Santilippo
0-2
no place*

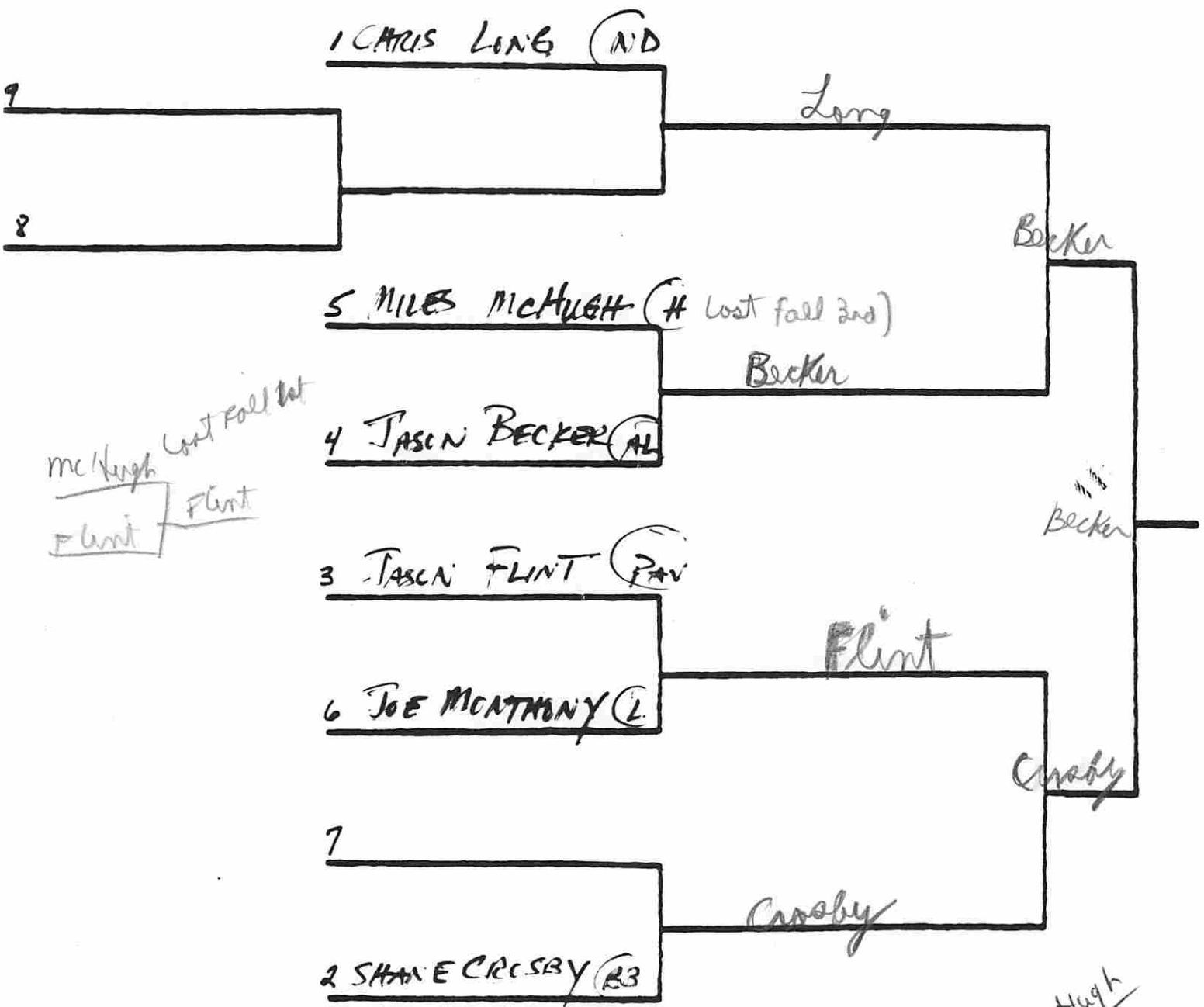
*Santilippo lost 7-1
Maher*



8



WEIGHT CLASS 155



McHugh lost fall 2nd
Flint / Flint

McHugh
0-2
No place

WEIGHT CLASS 167

1 ADAM KURTZ (K)

Kurtz

5 IRA JOHANSON (BB)

Prefontaine

4 DAVE PREFONTAINE (AT)

3 NATE FLUGEL (L)

Flugel

6 ANDY RINDELL (PEN)

7 PAT AGUILAR (VD)

2 MIKE KOZLOWSKI (H)

Kozlowski

won Fall 1st

Kozlowski
3-0
1st

Kozlowski

Kozlowski
won Fall and

Kurtz



WEIGHT CLASS 177

1 TIM MYERS (BB)

9
8

5 KEVIN COUNTERMINE (AT)

4 ADAM DURAN (C)

3 TIM CALKINS (ND)

6

7

2 CHRISTIAN EVERETT

(H)

Myers

Myers

Duran

Myers

Calkins

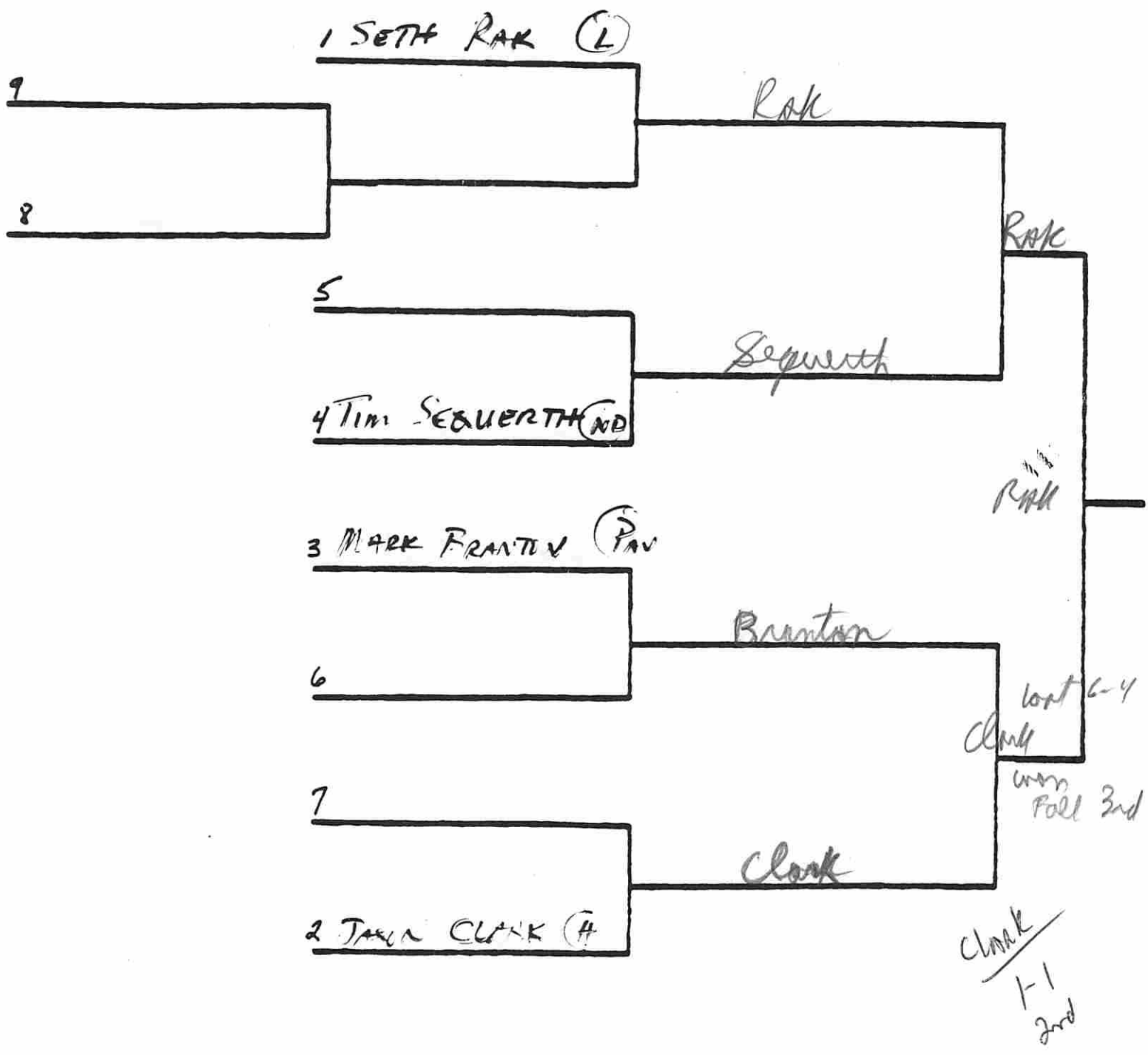
Everett

won B-2
lost 15-1

Everett

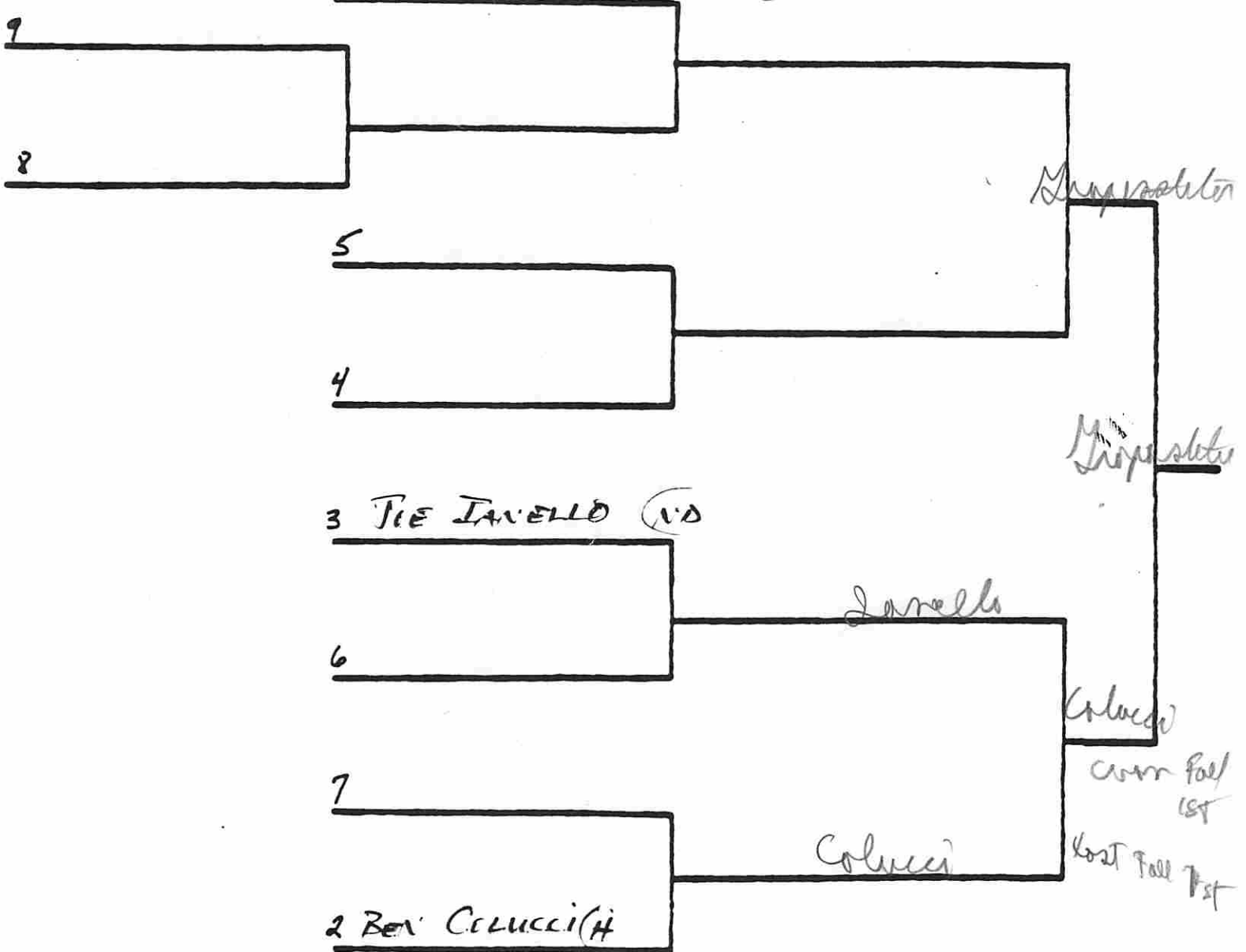
Everett
1-1
2nd

WEIGHT CLASS 215



WEIGHT CLASS 250

1 JAMIE GRAPENSTETER (23)



Colucci
1-1
2nd

Everett

H.C. to 2pts

head lever - both sides to pts

Emp't stood up sat 1

Everett set out - set out to
Reversal

Winges after a H.C.
Tried H.C.

Dee
343-6798

~~104~~
~~119~~

| | | | |
|---|--------|--------|---------------------------------------|
| 1 | ATTICA | 86 | 113 119 113 1/2 |
| 2 | Holley | 84 | 119 119 |
| 3 | PAV | 69 | 76 |
| 4 | Lyn | 52 | 64 |
| 5 | ALAN | 47 1/2 | (616) 55 1/2 |
| 6 | BB | 46 | (576) 59 |
| 7 | Perm | 36 | 48 1/2 |
| 8 | Kem | 31 | 45 |
| 9 | NO | | 31 |

~~116 1/2~~
119 1/2