



JIRO OSE staff photographer

On top Adam Lehmann practices his wrestling technique with McQuaid teammate Erik Mack-Davis.

Easy-going style a winner

McQuaid wrestler stays cool on mat

By JEFF DIVERONICA
STAFF WRITER

Adam Lehmann wrestles like he eats.

"I'm a meat-and-potatoes man all the way," says the McQuaid senior. "Any combination of that and I'm there."



Lehmann

There is no spice to his style.

"I wouldn't say I'm defensive. A lot of people go out really hard core and

want to take the guy's head off," he says. "But my nature is just to stay cool, calm and collected."

What you see is what you get. No secret ingredients. His preparations for a match are as simple as toast.

"Sleeping is my warm-up," says Lehmann, who is 23-2 this season. "Some people have to get hyper. I have to get calm."

With all this talk about food, one might think Lehmann is starving himself to make weight. He isn't. The 167-pounder has a lean, muscular physique for a reason.

"My first love is soccer," says one of last season's All-Greater Rochester goalkeepers. He was the City-Catholic League's Defensive Player of the Year and recorded 30 career shutouts, a school record. He also

has played in the Empire State Games and in the state's Olympic Development program.

Make no mistake, he is a soccer player who wrestles, not a wrestler who plays soccer.

Nonetheless, he is a contender for the Section V title at 167 and is nearing the 100-match victory mark with 90 in his 4½-year career.

Escapability makes him tough. "I don't get taken down a whole lot," he said. He'll either wait for an opponent to make a mistake and then pounce, or "I'll make him make the mistake."

His aggressiveness has improved. "This year more than he realizes he will attack people," McQuaid coach Lou Teike says. "He always has been up until this year a very defensive wrestler."

"He's also less willing to take great big risks than he used to be, but he doesn't need to any more."

Lehmann admits he's not even close to being the strongest wrestler in his upper body at his weight. Instead he uses technique.

"I rely a lot on my legs and I have a good grip," he says. "So I just clamp and go power with my legs."

The self-described "peaceful kind of guy" also doesn't take wrestling too seriously.

"Things will be getting rough, and we'll throw a head-butt here or there," he said, referring to his rivalry with Spencerport's Jeremy Chiarelli, another top 167-pounder who Lehmann has beaten twice this season. "Then it'll flash in my mind, and I'll talk to him and say 'It's just

Adam Lehmann

School/class: McQuaid/senior

Sports: wrestling, soccer

Height: 5-foot-9 **Weight:** 167

Academic average: 88

Athletic honors: Soccer — All-Greater Rochester goalkeeper; two-time all-league in City-Catholic. Wrestling — all-league last season; fourth in sectionals; fourth in state qualifier

a match."

"We get out there, wrestle hard and do our best and whoever comes out (the winner) we know we've both worked hard. I've just been lucky to come out on top each time."

Teike knows it's more than luck. "He's one of the greatest natural athletes I've ever coached," says the seventh-year McQuaid coach.

The 5-4 Knights have been hurt by forfeits this season, but Lehmann said his teammates' improvements have made him better.

"The guys in (practice), they keep pushing me," he said noting the nickname for he and McQuaid's other upper weights — Brandon Rood (177), Erik Mack-Davis (215) and Jason DiCesare (250) — is the Four Horsemen.

Lehmann wants to play soccer at Rochester Institute of Technology this fall and major in engineering. But he still has wrestling goals.

"I'd love to win sectionals and go to states," he says. "But if I wrestle hard and do what I want to and it doesn't fall for me then so be it." □