



## Wrestling

FIRST ROW: P. Beniamino, D. Brown, W. LaVancher, R. Jensen. SECOND ROW: J. Preece, R. Kenny, B. Powell, K. Derleth, R. Burnisky. THIRD ROW: Mr. Lynn Tewksbury, coach; C. Kelsey, R. Preece, S. Beniamino, R. Hilficker, R. Blair, H. Warner, J. Halling, E. Andrews.

Under the fine coaching of Mr. Lynn Tewksbury, the wrestling squad, after wrestling more experienced teams, completed its second season of competition. The boys learned by experience and improved with each match. During the season the team won its first league match as well as winning many non-league matches.

Each match consists of a series of twelve matches in different weight classes which a player has to make before he can wrestle. These classes are 95 pounds, 103 pounds, 112 pounds, 120 pounds, 127 pounds, 133 pounds, 138 pounds, 145 pounds, 154 pounds, 165 pounds, 180 pounds, and unlimited. When a wrestler cannot make his weight, he has to forfeit the match, and the other team receives five points. Another five points is awarded to a player who pins his man in one of the three two minute periods. Three points are awarded to the winner of the decision. Wrestling is one of the best conditioning sports known, and participation in the sport improves the physical fitness of the competitors.

