

A



B



C



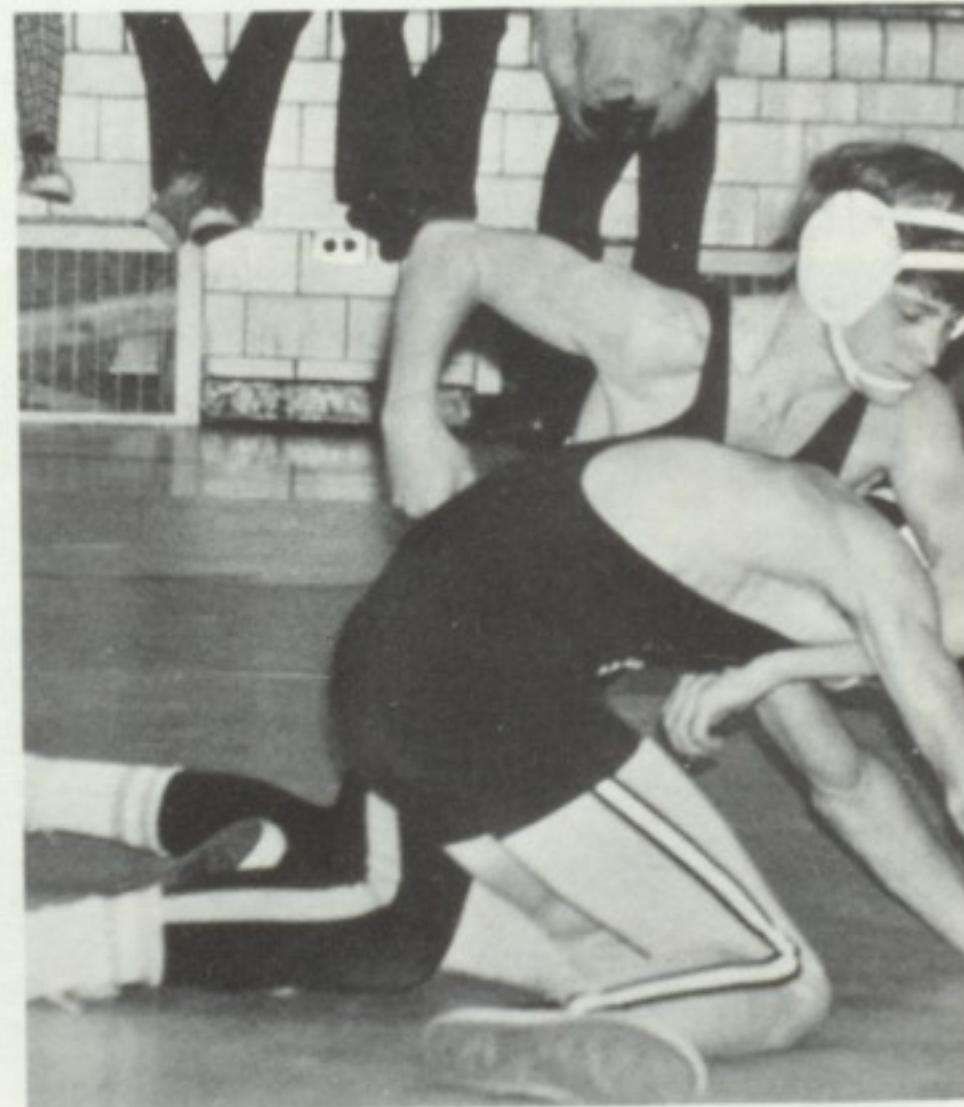
D

It started out Nov. 2, 1975, with a group of 42 guys and two great coaches. The team was young and we all knew it wasn't going to be easy but, we all learned to be proud of what we were and who we were. After three weeks of training, sore bodies, and discipline the team was bound together as "strong Greeks", and most important, as one. Wrestling in this school has developed an individual character to each person and enabled them to work together and realize what pride really is.

J. Keeler

Seeing a boy become a man is perhaps, for a coach, the most rewarding aspect of his work. In wrestling, especially, I think, the individual has a real opportunity to face challenging situations which test his discipline, maturity, and responsiveness to others. For me, coaching such a dynamic athletic endeavor has brought memorable reward, self-confidence and a wealth of wonderful and generous friends. My thanks to all who have followed us—wrestling will, I'm sure, continue to produce young men who are eager and confidently willing to represent Avoca Central School—for me these men are extensions of my family; a man could ask for no finer sons than the wrestlers which I have coached.

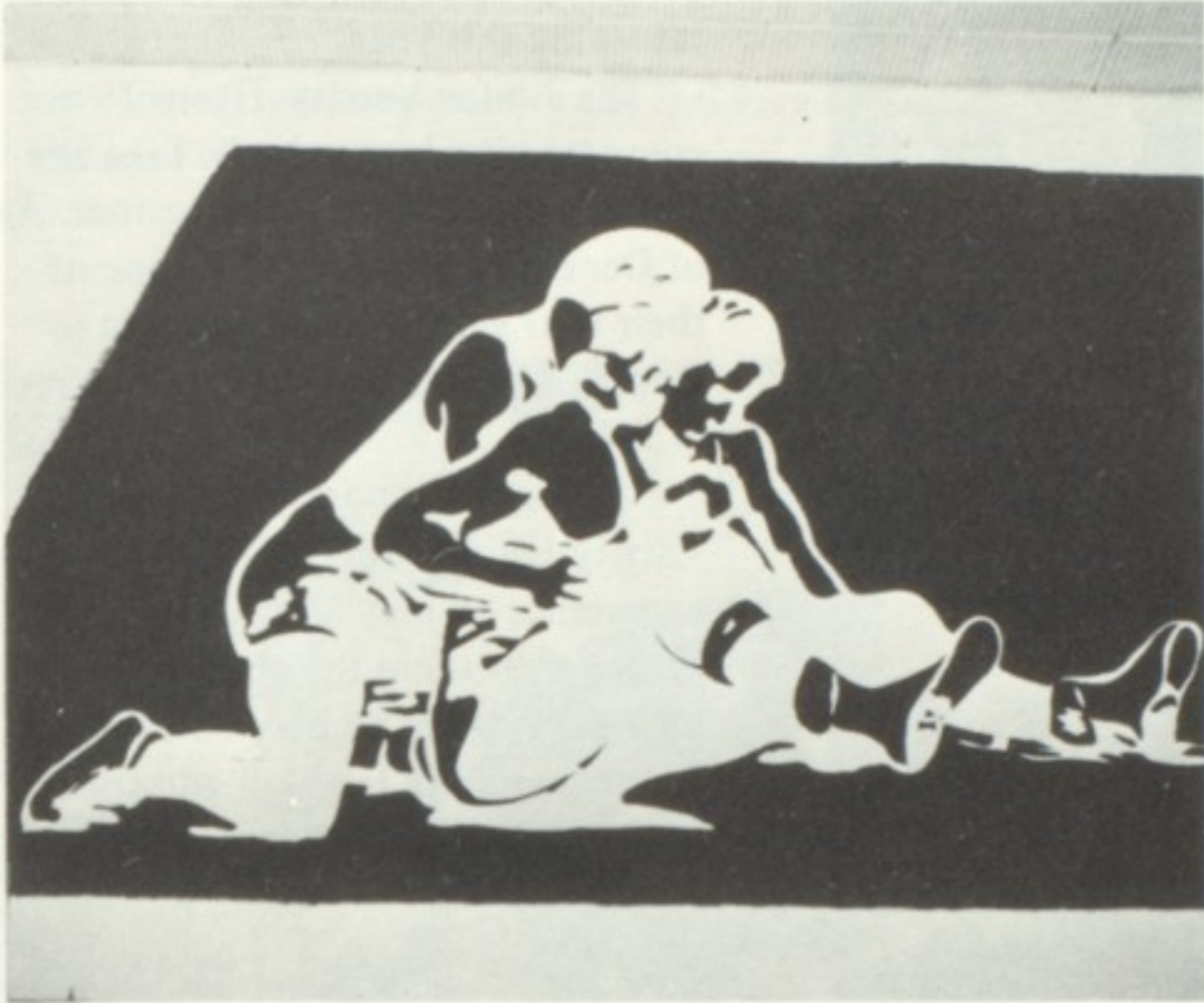
W. Peterson



G

Wrestling

- A. almost a pin
- B. take down
- C. riding the opponent
- D. Coaches Peterson and White
- E. the art of wrestling by Ron Hamilton
- F. take down
- G. attempting a 3-quarter Nelson



E



F



ROW I: T. Wilson, B. Wilson, D. Bulkley, J. Eaton
 ROW II: E. Eaton, B. Wilson, J. Putnam, B. Bulkley, J. Badeau, B. Shutt, M. Fox, B. Partridge, S. Saltsman
 ROW III: R. Nicholson, J. Strait, E. Lauriha, R. Larson, R. Lewis, M. Thorson, R. Weaver, G. Remchuck
 ROW IV: A. Schuschureba, W. Mitchell, B. Cooper, T. Hagadone, D. Tronetti, L. Taylor, T. Crooks, K. Kowalcyk, T. O'Dell, S. Ohrandzanski, ROW V: S. Daniels, M. Galvan, B. Arnold, J. Keeler, J. French, D. Rouse, J. Benjamin, D. Vogal, A. Davis, H. Wilson, D. Wilson, B. Moose, D. Wilson, D. Hall