

Fowler-3's Jamison and Howard Aiming for ESG and State Titles

Along with Rutecki, Fowler may gain six ESG gold medals
in August and three state titles in March

by Jon Blanchard, Freeman's
Journal, Cooperstown

When you think of scholastic wrestling powers across the state, George W. Fowler High School in Syracuse (Section Three) isn't one of the first teams to pop into mind. In fact, the Fowler Falcons aren't really a power in state-wide terms but they do have several outstanding grapplers.

Not many schools sent more than one wrestler to the states last March. Fowler was one of those schools.

Kareeb Howard, a 138 pounder, and Mike Jamison at 105, represented Fowler at the state meet. Both finished fifth. Unfortunately for the rest of the state, both are seniors-to-be and will return next winter to ply their trades on the mat.

Their credentials in scholastic, freestyle, and Greco Roman competition are quite impressive. "We've only had four sectional champions ever at Fowler. You're looking at half of them," said Fowler coach Rick Spicer.

Members of the Mohawk Valley Wrestling Club (MVWC), one of the premier clubs in the state, Jamison and Howard became Canadian National Freestyle champions in Montreal on March 9th and 10th, just a week after the state tournament. MVWC took a 10-man team to the meet, eight placed, but only Fowler's finest came out

champions. Howard took the gold at 68 kilos (149.5 pounds), Jamison at 50 kilos (110 pounds).

Last scholastic season, Jamison and Howard were 36-3 and 38-3 respectively. Barring injury, both will break the 100-win barrier, a feat never before accomplished at Fowler. Gary Coleman, a two-time sectional champ for Fowler in 1979 and 1980, had 97 wins. Coleman's best finish at the states was fourth, a mark Jamison and Howard hope to also better next season. Jamison's career record is 76-15-1, Howard 64-18-1.

Todd Rutecki, Fowler's 98 pounder, who will also be a senior this year, has state champion potential as well. And he has a long list of off-season accomplishments to boast about, the most recent being Northeast Regional Champ and NYS Greco Roman Champ.

"Kareeb will win 40 matches next year. He should win at states too. We've got him lifting. I don't know if he will be 138 or 145 next year. His bench is up to 265 after only a month of lifting," said Spicer. "I'm going for it," said Howard of a state title next season.

Spicer, a biology teacher at Fowler, is also the football coach, a freestyle official and the coach of the Central's Open Division team at the Empire State Games this summer.

Howard, a two-time Ononadaga High

Upcoming Events

Wrestling Tournaments

Saturday, July 28th
Pearl River High School
(914) 359-6503

August 1-5
Empire State Games
(all entrants already qualified)
Freestyle & Greco Roman
High School and Open
Syracuse University
Gene Mills (315) 443-1012

Saturday, August 11th
Newfane High School
Grades 8 - 12th
High School Rules
\$5.00 entry fee
Richard Lang (716) 434-6937

Saturday, August 11th
Bridgewater Tournament
New Jersey
Madison weights
Grades 9-12 and open
Mike Leta (201) 526-7609

**NY-USA Wrestling
Annual Fall Meeting**
Binghamton, NY
September TBA
Mike Smallidge (716) 247-7782



FUTURE STATE CHAMPS? Fowler-3's Kareeb Howard, left, and Mike Jamison. Both will be seniors this year, both took fifth in the states last year, both qualified for the Empire State Games in August in both styles, and both may win state titles in March 1991. So might teammate Todd Rutecki, who also qualified for the Games in both styles. Photo by Jon Blanchard.

School League (OHS) Metro Division champ and Section 3 Class A champ, hopes to continue his wrestling career at the collegiate level. The OHS Metro is one of the toughest, if not the toughest league, from top to bottom, in the state. Its members include number one Fulton, East Syracuse-Minoa, Central Square, Fowler, Cortland, Whitesboro, Oswego, and Fayetteville-Manlius. It is quite possible the first five teams listed could each attain top-25 state ranking next season. (Look for story on OHS Metro in a future issue of New York Wrestling News.)

"I believe Howard could be a national champion at a school like St Lawrence (Division III), and I think he could be competitive for a Division I school," said Spicer. Howard was bestowed Fowler's Outstanding Athlete Award last school year. He was the only athlete at the school to compete in a state championship in two different sports. Howard placed fifth for the gymnastics team in vault. "The gymnastics helps his muscle tone and strength," said Spicer. "I think gymnastics lends itself well to wrestling."

Howard placed sixth in both freestyle and Greco at the North Eastern Regional Championships in Brockport in May. He was second in both styles at the New York State Championships in Binghamton. He lost to 132-pound state champ Tom Shifflet of Sweet Home-6 in both finals. Shifflet won 21-12 in the freestyle finals. In the Greco final, Howard was ahead 10-9 with two seconds left when he was cautioned out of the match by a very controversial call, ac-

continued on next page

cording to Spicer. Spicer said it's referred to as "The Call" in officiating circles.

Kareeb has beaten 138 pound state champ Ken Porter of Alfred Almond-5 twice, defeating him 12-0 in a tournament freestyle bout and pinning him in a MVWC vs Southern Tier Wrestling Club dual meet.

During last season, Howard unselfishly wrestled at whatever weight was asked of him. Most of his dual meet and tournament matches were at 145 or 155, but he had two wins at 167, including a crucial win against Cortland in a 28-27 Metro win. His only losses were against Rome Free Academy's Bill Jones in the finals of the Cicero-North Syracuse Anderson Tournament. He beat Jones 8-4 in overtime and regulation later in the season.

He was also defeated by Whitehall-2's Chris Terry in the state championships, 7-5, and Long Beach-8's Bernard Valentin, 5-3. Terry sustained an injury in his match with Howard and had to withdraw from the state meet. "I honestly believe Terry was the best kid in the weight class. When he withdrew, it really opened up the other side of the bracket," said Spicer.

Jamison, again barring injury, will become Fowler's first 100-match winner sometime around February. Jamison won 19 matches as a freshman and 21 as a sophomore. His is a four-time Empire State Games qualifier and went unscored upon en route to the gold medal in last year's Greco competition.

Both Kareeb and Jamison will represent the Central region in freestyle and Greco at this year's games to be held August 2-4 at Syracuse University. Both wrestlers won both the freestyle and Greco regional qualifier. Rutecki also won both qualifiers, bringing the total number of ESG regional gold medals for Fowler to six this year alone. Between the three, there are bound to be many gold medals won.

Jamison was fourth in freestyle and second in Greco at the New York State Championships in 1988, second in freestyle in 1989, and second in Greco this year. He won the Greco competition at the Northeast Regional Championships, beating Craig Schlifstein of Long Island (who beat Jamison in the finals of the Greco NYS championships).

Mike's only scholastic losses this year were to Baldwinsville's Chris Call in the Section Three Class A finals by a score of 4-2. He avenged Call 7-5 in the sectional final. At the state meet he lost to Clarkstown South-1's David Hirsch, 16-2. Hirsch was the eventual champion and the recipient of Spicer's MOW vote. "Hirsch destroyed everybody," recalled Spicer. Jamison's other state finals loss was a close decision to Peru-7's Rob Bashaw.

"I'd like to win at states next year, or at least finish in the top three," said Jamison.

Being very active members of MVWC, the pair has had many opportunities to travel and befriend other wrestlers from around central New York.

"We get a lot of extra mat time by participating in the club. Also the social aspects are very important. The interaction with farm kids is good for both groups. The farm kids see that city kids are normal people and they see that the farm kids aren't all rednecks," said Spicer.

The pair also traveled to Puerto Rico with the club and "did some butt-kicking," according to Spicer. Jamison beat a Puerto Rican grappler who had never lost a match in his life. Immediately after that

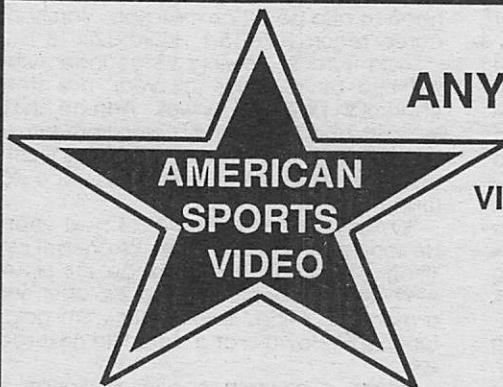
point was made, Jamison asked, "Do we get to go again next year?" Next year they will travel with the club to Germany.

Look for big things out of Jamison, Howard and Rutecki next year. Fowler finished 7-8 last season in the rugged Metro League, but has everyone returning and is shooting for a winning record.

note: Jon Blanchard is a 1983 graduate of McQuaid-5 in Rochester where he wrestled. He was an assistant coach with Cortland the past two seasons and is currently the sports editor of the Freeman's Journal Newspaper in Cooperstown.

For complete EGS results, subscribe to New York Wrestling News. Our September issue will have complete results of every match wrestled, in every division, and in all weights.

Call (716) 334-6454 for details.



ANY FOUR COACHING TECHNIQUES

VIDEO CASSETTES ONLY

\$99.95

+ 2.50 shipping & handling

OR \$35 EACH

American Sports Video features the greatest wrestling talent in the world demonstrating the technique which has made them champions.

☐	JS 1	JIM SHEER	Inside Trip Takedown Series
☐	JR 2	JIM SHEER	Headlock Takedown Series
☐	RH 1	RUSS HELICKSON	High single and double
☐	RH 2	RUSS HELICKSON	Counter Techniques
☐	WS 1	WADE SCHALLES	Nearside Cradle
☐	WS 2	WADE SCHALLES	Farside Cradle Series
☐	WS 3	WADE SCHALLES	Half Nelson, Arm Bar Series
☐	WS 4	WADE SCHALLES	Load-ups, Clemson Roll Series
☐	WS 5	WADE SCHALLES	Leg Wrestling Techniques
☐	WS 6	WADE SCHALLES	Russian Two-on-One Series
☐	JF 1	JOHN FRITZ (Russian Inside Step Series)	Head Outside Takedown Series
☐	JF 2	JOHN FRITZ	Standup Series
☐	CA 1	CARL ADAMS	Basic Single and Double
☐	CA 2	CARL ADAMS	Fireman's Carry, High Crotch Series
☐	CA 3	CARL ADAMS (Coaching Tips)	Takedown Drilling Techniques
☐	AB 1	AL BEVILACQUA	U.S.A. Wrestling's Seven Basic Skills of Wrestling
☐	AB 2	AL BEVILACQUA	Attacking The Attack Zone
☐	AB 3	AL BEVILACQUA	Technical Approach To Tactical Wrestling
☐	PK 1	PAVEL KATSEN	Introduction To Greco Roman Technique
☐	PK 2	PAVEL KATSEN (Setting-up and executing)	Greco Roman Technique
☐	MF 1	MARK FALLER	Whizzer Technique Series
☐	MS 1	MARSHALL SCHLOSBERG	Granby Roll Series
☐	JH 1	JIM HOWARD	Basic Concepts of Leg Wrestling
☐	JH 2	JIM HOWARD	Leg Control Pinning Technique
☐	GM 1	GENE MILLS	Defensive Freestyle
☐	GM 2	GENE MILLS	Half Nelson From The Knees Series
☐	PG 1	PETE GALEA	Cradle Series
☐	PG 2	PETE GALEA	Escapes and Reversals
☐	PG 3	PETE GALEA	Leg Technique & Counters
☐	BP 1	BEN PETERSON	Near Wrist Roll Series
☐	BP 2	BEN PETERSON	Low Double & Single
☐	EB 1	ED BANACH	High Percentage Leg Attack Takedown
☐	EB 2	ED BANACH	Pinning Combination and Wrestling Drill
☐	HK 1	HAMID KERMANSIAH	Overhook, Underhook, Foot Sweeps

YES, I WANT TO ADD THE ABOVE (please check) CLINICIANS

VISA-MASTERCHARGE ACCEPTABLE
SCHOOL PO ACCEPTED

Please Check Cartridge Desired: VHS Beta

AMERICAN SPORTS VIDEO

PO Box 306

Cayuga, NY 13034

315-253-4798 eves

NAME _____

STREET _____

CITY, ST, ZIP _____