

Rochester Wrestling News

Devoted to all phases of **Amateur Wrestling** in and around Rochester

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ER's Rich O'Lena: Quiet Excellence

Rich O'Lena was nervous as he waited for his State Qualifiers Finals match against Bloomfield's Barry Barklund. He was in anticipation of a close, hard-fought battle. Barklund had walked through his first three opponents in gaining the finals. He scored a pin and two lopsided decisions. The last one, 17-7, was against tough Jason Knisely of Waterloo, whom Rich only beat 2-0 the previous week.

The finals match was hard-fought, as many of Rich's matches are, but it was only close until the third period. There, he scored a reversal and some back points to defeat Barklund 10-2. The match finished with the Bloomfield wrestler on his back, nearly pinned. However, most of the fans at that moment were watching O'Lena's father in a near-brawl with some hostile fans.

For Rich, it was fitting, that in his finest continued on page four

Losing Weight Safely

by Tony Oliveri, M.S., P.T.

Every wrestler has his own way of losing weight. Most of them work fine, but there are ways of improving weight-loss techniques. This article will review some concepts regarding safe weight control.

I feel the most important factor in any athlete's diet is eating from all four food groups. These include the milk, meat, fruit and vegetable, and enriched grain (bread and cereal) groups. The recommended minimum daily servings from each is listed at the end of this article.

Another important factor is water. Water loss is probably the most popular way of making weight. If you make weight by sweating off a pound or two just prior to a meet, there usually aren't any problems. Problems arise when a wrestler tries to stay dehydrated for more than 12 hours or so.

When you dehydrate and starve, your

continued on page two

Profile: Rochester Institute of Technology

Dean of Wrestling Earl Fuller strives for .500 season

Earl Fuller came to Rochester for the first time in 1948 to interview for the head wrestling coach position at RIT. Now 40 years and 187 victories later, the dean of wrestling coaches in the NCAA enters his fifth decade at RIT. And he remains as enthusiastic about the sport as he was on day one.

"There's a lot of personal reward, a lot of inner satisfaction that comes with the sport," said Fuller. "It's just something that appealed to me, something that I have enjoyed doing. I guess that's why I'm still coaching."

As he begins his 41st season, Fuller feels that one of the biggest changes is the skill

continued on page three

The Ultimate Winner

About four years ago I read the best article on wrestling I had ever seen. It was about Dan Gable, America's most celebrated wrestler. It was written in 1984 by Douglas S. Looney of *Sports Illustrated*, right before Gable led the Olympic team in Los Angeles. Although dated, it delves into the psyche of a man whose life is wrestling. In so doing, it is a great example of real dedication, intensity, and toughness.

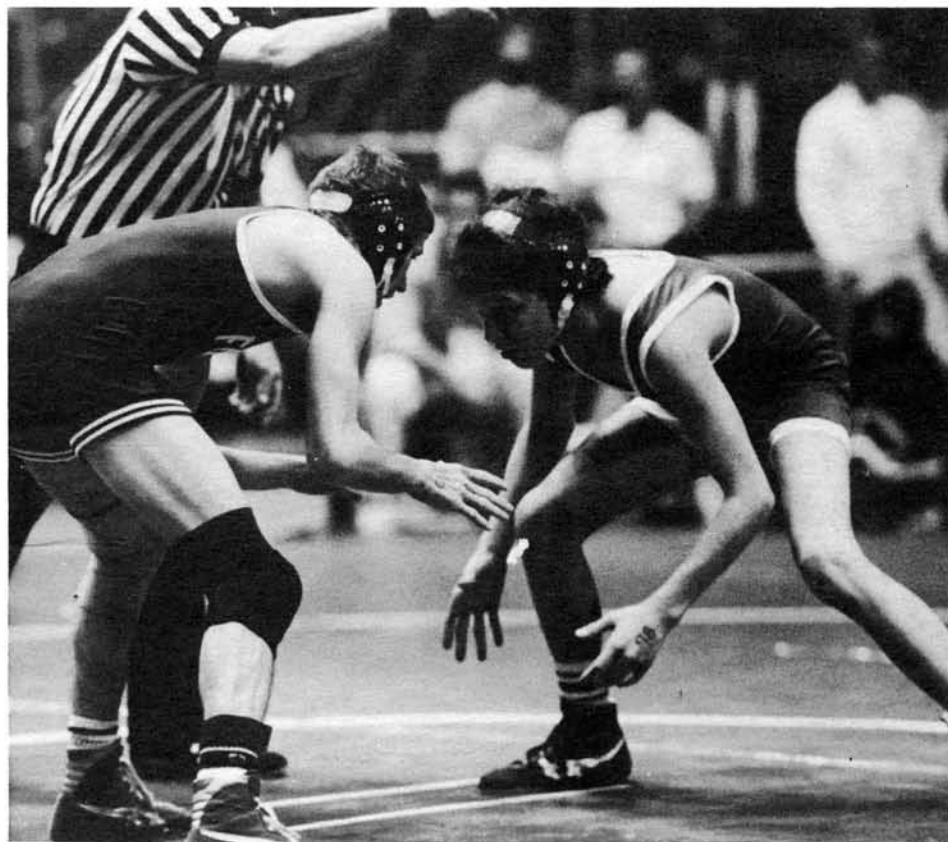
I decided to reprint it because many of today's high school wrestlers don't really know that much about Gable. For us old-timers, 1972 was not that long ago...

Sincere thanks to *Sports Illustrated* for kindly allowing me to reprint this article. Of all sports magazines, even ones devoted solely to wrestling, *Sports Illustrated* writes the most entertaining wrestling articles. Now if we can only get them to write an article in every issue...

I hope you enjoy volume 3 of RWN. Next month we will be reporting on the many holiday tournaments that are scheduled. Coaches, please remember to send in results right away!! So far, I have printed 100% of current results sent in. I will continue to do so. Please encourage your colleagues to also send in reports, articles, photos, letters, etc.

Remember, the new annual subscription price is \$22.00 per year (10 issues).

Thanks!!! - Mike



Rich O'Lena, right, in States action this past March. Rich was 38-3 last season, losing two close decisions to this opponent, Jim Ogborn of Section 4. O'Lena placed fourth in the states. So far, Rich is 7-0-1, mostly at 119 pounds.

Rochester Wrestling News

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Section 5 Wrestlers Ranked

According to **The Mat Slap**, a state-wide wrestling publication, several section 5 wrestlers are ranked in the top six. This is a state-wide pre-season poll.

98 Bill Opett, Bloomfield, first
105 Rich O'Lena, ER, second
112 Andy Antonucci, Hilton, third
119 Chris Bannister, Spencerport, second
126 Joe LoPresti, Spencerport, third
167 Jon Welch, Canandaigua, first

The Mat Slap is published five times a year for \$10.00. To order your subscription, write to: The Mat Slap, PO Box 249, Amityville, NY 11701.

Knisely tops 100 Wins

Waterloo senior Shawn Knisely recently gained his one hundredth varsity victory against Gates Chili. Since that win, he has won two more to boost his total to 102.

Shawn has accomplished this feat in less than four seasons of wrestling. He started as a freshman with a 30-3-1 record. At 91 pounds that year, he was a Class B Sectional champ. He lost in the semifinals of the state qualifiers by a penalty point.

In his sophomore year, Knisely won the sectionals again at 98 pounds. He made it to the states by nipping his opponent in the finals of the qualifiers by one point. At the states, he placed fifth in a very competitive field. His overall record was 36-5-1.

Last season, Shawn won his third sectional title (this one at 112) and made it to the semifinals of the state qualifiers. In that round, he lost based on a criteria point. His record was 31-3.

Wrestling at 119 and 126 so far this season, Shawn will be challenged by several standouts, including Canandaigua's Kerry Foster, who recently won a 6-2 decision over him. What really counts are post-season honors. Shawn's goals are to win the sectionals a fourth time, the state qualifiers, and a New York state championship.



Newark's Heavyweight (215 pounds) Dave Robbins executing a high amplitude double leg TD in dual meet action this year. Imagine lifting a heavyweight this high! Hope the landing wasn't too painful...

Losing Weight (cont)

body needs nutrition. If you don't eat or drink enough, muscle tissue can begin to break down in order to provide energy to the body.

Skipping several meals and trying to make it up in one big meal can do the same thing. I believe that starving is more detrimental to an athlete than a non-athlete, because metabolism is often higher in an athlete. Athletes need energy sources more often. Eating several small meals is much better than trying to pack it into one big meal a day.

Most athletes (including wrestlers) don't need to add salt to their diet or drink special electrolyte replacement drinks, because the body's hormone system actually controls how much salt you lose. In fact, extra salt can cause you to retain fluid.

Candies and desserts should be avoided as much as possible, because they contain many calories but very little nutrition.

If you are on a very strict weight-control program, but don't want to count calories, then try to maintain a nutritious intake by keeping a "food intake diary". Carry a small notebook in your pocket. Mark four categories on it: Milk group, Fruit and Vegetable, Bread and Cereal, and Meat. Record everything you eat, according to food group and quantity. The recommended servings are:

1 **Milk group:** between 2 and 4 servings per day. One serving = 1 cup of milk or yogurt or 1 1/2 ounces of cheese, or 1/2 cup of cottage cheese.

2 **Meat/Poultry/Fish:** 2 servings per day. One serving = 2 ounces of cooked meat or fish; or 2 eggs, 2 slices (2 oz.) cheese, 1/2 cup cottage cheese, 1 cup dried beans or peas, or 4 tablespoons of peanut butter (but this is high in fat also). The cheeses can count as a serving of milk or meat, but not both at the same time.

3 **Fruit/Vegetable:** 4 servings per day. One serving = 1 medium-size apple or banana, 1 cup of raw vegetables (1/2 cup cooked), 1/2 cup of juice. Try to eat a dark

green, orange, or yellow vegetable at least every other day.

4 **Enriched Grain** (bread and cereal): 4 servings per day. One serving = 1 slice of bread, 1 cup of cereal, 1/2 cup of pasta, 3 cups of popcorn (no salt or butter).

Don't try to lose all the weight in one week. Instead, diet and exercise, and lose it over a period of several weeks. If you are trying to lose weight too fast, you'll be losing fluids and possibly muscle tissue. The last thing you want to do is lose muscle mass. Consult your physician if problems arise.

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RIT (cont)

level that today's wrestlers possess. "The wrestling skills are more sophisticated today than in past years," said Earl. "It is much more advanced, because many wrestlers are training year-round, competing in freestyle and Greco Roman. It makes for a more complete wrestler."

Coach Fuller is striving for a .500 season this year, although he is more concerned about the progress of his individuals. "While we strive to have a winning team, place in tournaments, and qualify for national competition, it's just as important to me to see our athletes learning skills and techniques, becoming more well-rounded on and off the mat."

His efforts have produced a number of All American wrestlers at RIT, the most prominent being Darrell of Rochester, a four-time All American. Darrell won a national division III title at 142 pounds in 1983, his senior year. He was recently inducted into the RIT Sports Hall of Fame.

Darrell came to RIT in 1979 from the now-defunct Madison High School (coached by Frank Marotta, now teaching at East and head of the Wrestling Officials Association). While in high school, he was very successful, yet never made it very far in sectional competition.

Coach Fuller's coaching is credited with aiding Darrell's development in wrestling. He placed fourth, fifth, third, and first in the Division III NCAA's. He was a three-time ECAC champ and two-time New York State Champ. Leslie now works in the Dietary Division of St. Mary's Hospital.

Fuller, himself an RIT Hall of Famer, credits a lot of his team's progress to the volunteer assistants he's had throughout his tenure. This year, Mike Cronmiller, Ray Porteus, and Scott Seever are helping out.

He won't say how much longer he'll coach, but those who know Fuller expect him to pass the half century mark. He is currently the most experienced wrestling coach in the country. No one else has been at it longer than Fuller, yet he still possesses an abundance of energy.

At the recent RIT Invitational, he was like a whirlwind, one minute warming a wrestler up, the next coaching one to victory, then making announcements, organizing the matches, always stopping for a minute here and there to chat with an old friend or a wrestler.

Marv Hess, executive vice president of the National Wrestling Coaches Association, says "Earl keeps getting younger every year." That might keep Fuller's zeal and enthusiasm active to coach yet another 40 years.

Rochester Institute of Technology is a private, coeducational university that has nine schools - Applied Science and Technology; Business; Continuing Education; Engineering; Fine and Applied Arts; Graphics Arts and Photography; Liberal Arts; Science; and National Technical Institute for the Deaf (NTID).

It occupies 1300 acres in suburban Rochester. Its student body consists of 9,000 undergraduates, 1,400 graduate students, and 3,000 part-time students. Enrolled students represent all 50 states and 63 foreign countries.

RIT annually places 3,400 students in co-op positions with over 1,300 employers. More than 600 companies visit RIT annually, conducting over 9,000 on-campus inter-

views. In addition, over 5,000 positions are listed with the Cooperative Education and Placement Office each year.

A typical full-time resident would have the following 1988-89 academic year expenses (based in three quarters):

Tuition: \$9,075; Room (double occupancy): \$2,202; Board (20 meals per week): \$1,938; Fees: \$165; Books: \$307; Transportation: \$300; Personal Expenses: \$505. Total Expenses: \$14,492. Note - tuition, room and board charges are subject to change without notice.

A New Dynasty? SUNY Albany Update

Over the past ten years, the University at Albany has built one very strong wrestling program. Historically, Albany has always maintained a good wrestling team, but recently it has reached Dynastic proportions.

With winning records of 17-2, 18-3, 12-2, 17-3-1, and 13-4, the products of a schedule packed with Division I powers like Brown, Harvard, Boston University, and Pennsylvania, and with 30 All American titles, SUNY-A has a lot to boast about.

Since 1980, this school record:

four-time All American, National champ (134, 142, 158), and Olympian Andy Seras; three-time All American and National champ (118, 126) Dave Averill;

three-time All American, (118) National champ, and Olympian Shawn Sheldon;

two-time National champ Chris Tironi at Heavyweight; and several All American honors.

Head coach Joe DeMeo was the US Olympic Greco Roman Assistant Coach. The current Albany team has two nationally ranked wrestlers on either side of the roster. Issac Ramaswamy at 118 and Ivan Katz at heavyweight were both placemen in the 1988 Olympic trials. Add experienced starters and outstanding freshmen, and it's no wonder why SUNY Albany may be a dynasty in the making...

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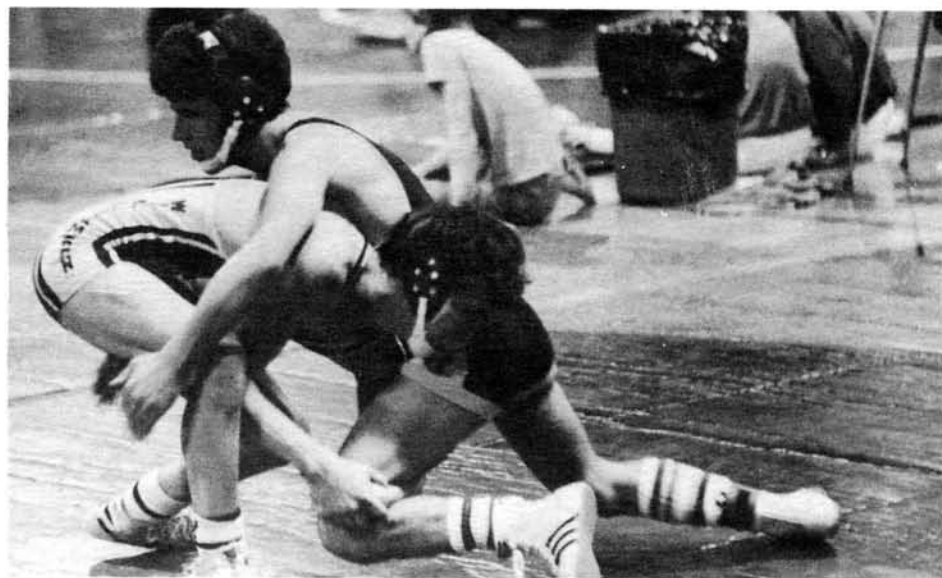
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Williamson's David Lavancha, left, in tournament action last season. Lavancha, fourth in the Wayne-Finger Lakes league, shows good penetration but poor position in this photo. Notice how far his hips are from his opponent's hips.

O'Lena (cont)

hour, the spotlight was turned elsewhere. Here is a kid who qualified for the states, yet was overlooked by people fascinated with Sadwick, Antonucci, Welch, and other well-knowns. O'Lena is not one to blow his own horn.

And in the classic East Rochester style, he employs the basics - conservative take-downs, half nelsons, bar arms, switches, etc. In other words, no flashy moves that would earn him a reputation. He is a long, strong control wrestler adept at turning a person in the third period. With Rich, you probably won't see any state of the art moves. Nothing fancy, only winning. That's really what he does best.

Last season he won 38 matches and lost only three, two to the same opponent at the state meet. The other loss, 9-5, was against a Section 2 wrestler. He won the Jamestown tournament, Monroe County title, the Class B Sectionals, and the state qualifiers. At the states, he went 3-2 for a fourth place finish. Only two other Section 5 wrestlers fared better at the states, and they've both since graduated.

O'Lena is articulate and bright, yet quiet. He is confident but not arrogant. He is well-adjusted. After a recent setback (a 2-2 tie against 119 pounder Jay Allen of Hilton, O'Lena was not phased. "I was wrestling up a weight class for the team. The tie won't affect my goals," says O'Lena. "I plan on going 105 for the important tournaments."

After transferring to ER his freshman year, Rich went 8-8 on JV and varsity. The next year saw great improvements as he went 28-8, winning the Jamestown and Canandaigua tournaments, and placing in sever-

al others. So far this season he is 7-0-1 with a tournament victory - the Webster classic, where he beat tough Cory Sinton of Canandaigua, 3-1.

"I'm always confident," says O'Lena. "Otherwise, if you have any doubts in yourself, you'll lose. My first two years here, I was scared; I didn't have a lot of confidence. His sophomore season and the three weeks he spent at Dan Gable's camp two summers ago changed all that. He is now considered the top seed at 105. And **The Mat Slap** magazine ranks him second in the whole state (see page two).

If you see more than one O'Lena in the ER box scores, don't be confused. Brother Shannon, a freshman, wrestles at 105. He is 6-1-1 so far, and shows signs of possibly surpassing his older brother. And Mike O'Lena is their cousin. Mike, a junior, wrestles at 126, and is 4-4 so far this year.

Both brothers play football for ER in the fall. It's a lot of fun, but then they have to shed all that extra weight when wrestling starts. Rich and Shannon have lost about 20 pounds each, and it will be a few more by the time the Sectionals get here. Mom is used to it, as Mr. O'Lena also wrestled. "I'm used to it by now. They can't sleep at night sometimes. Other times, they walk around like zombies, real ornery."

And how did these guys get interested in the sport? Their father, of course. In 1971, Dick O'Lena, also wrestling for Don Quinn, gave eventual state champ Kurt Blank of Irondequoit some real close matches. So close, in fact, that Mrs. O'Lena claims if the calls went his way, Dick would have represented Section 5 that year.

Petersen Stars in College

Former Sodus wrestler aims at Div. I honors
by Scott Justice

Captain of this year's University of New Hampshire Division I wrestling team is senior Paul Petersen, a 1985 graduate of Sodus.

The Phys Ed major is competing at 158 and 167 pounds with a goal of becoming a Division I All American at 158.

Paul starts this season with a 6-2 record. Last year he was runner-up in the Division I NCAA New England Conference, posting a 23-8 season record. He lost only one dual meet. His team was third in New England with a 16-4 record.

At Sodus, Paul won 113 matches and was second in the State Qualifying tournament. He is a former Section 5 Class C champ and placed second, third, and fourth in that tournament. He won the Wayne-Finger Lakes League title three times, and won several other tournaments.

After high school, he spent two years at MCC, where he made All Region and All American honors. He was co-captain with Mike Cronmiller, now at Ithaca. Paul traveled to Mexico in 1986 to represent the US on an exchange trip. He is an Empire States Game bronze medalist. Petersen also played soccer in high school.

He believes this year's UNH squad has a good shot at winning the NE title. "We wrestle a lot of good Division I schools in tournaments, and we are doing fairly well," he reports. Todd Burchard, a 1988 Rush Henrietta grad, has joined Paul this year at UNH. Todd was runner-up to go to the States the past two years.

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DUAL MEET SUMMARIES

CANANDAIGUA 43

98 forfeited
105 CJ McNamara 4
112 C Guastafiero wbf
119 Kerry Foster wbf
126 Todd Legrette 8
132 Ted Cornish 12
138 Chad Sinton 8
145 Matt Sidare wbf
155 Chet Simonsen 11
167 Chuck Bell 2
177 Jon Welch wbf
215 Troy Stark wbf
Dec 2 at LeRoy

LEROY 12

Kris Sorensen
T Vihedeo
J Stephany :57
Bill Davis :237
Dan Shirley 2
Tim Donahue
Todd Englerth 4
Scott Page 1:19
Chris Mathis 9
J Beaumont 4
D Schueckler :21
Terry Hagen :54

WATERLOO 27

98 Jason Chuley 4:00
105 Chris Chuley
112 Jason Knisely 1f
119 Rich Meyers wbf
126 Shawn Knisely 7
132 Erin Pierson 2:40
138 Sean Bailey 1:44
145 Eric Boynton 6
155 A Johnson 4:46
167 Eric Babcock 4:21
177 Ty Thomas :55
215 Tom Westfall 7
Dec 1 at Waterloo. Shawn Knisely won his 98th career win.

NEWARK 36

Tim Steingass wbf
forfeited
K Schneider 4:24
Jason Wolfanger :48
Jeff Fox 2
Mark Johnson wbf
Eric Swan wbf
Steve Hassler 2
Gerhard Bierly wbf
Craig Temple wbf
Corey Comer wbf
Dave Robbins 4
Dec 1 at Waterloo. Shawn Knisely won his 98th career win.

ALEXANDER 42

98 forfeited
105 Paul Merrill
112 Steve Boyce
119 forf
126 Chris Schaaf wbf
132 Todd Stokes 3:50
138 Chuck Schmidt
145 Dan Hargrave 5
155 Scott Feary wbf
167 Guy Boninger
177 Pete Szilagyi
215 forf
Dec 1 at Alexander

AVON 16

forf
forf
forf
forf
D Fingland 1:06
Rob Hynes wbf
forf
Eric House 16
C LaLonde 3:59
forf
forf
Keith Germano

VICTOR 30

98 forf
105 Tom Beal 10
112 Mike Colyer 5:50
119 Dan Robinson 4
126 A Prezyrna 5:00
132 Charlie May wbf
138 Dan Payne 12
145 Mike Juds 8
155 Matt Shaffer 11
167 Bob Cilano wbf
177 Jeff Robinson wbf
215 Sean Pancost w
Dec 2 at Livonia

LIVONIA 24

Eric Ball
Adam Sweet 3
Adam Backus wbf
Aaron Broedlove 8
Jum Stephany wbf
Mike Costik 2:59
Ron Sweet 6
Matt Schwan 6
Rick Nickels 14
J Hamilton 1:36
Ben Rryhoda 2:37
Jesse Phelps 1

IRONDEQUOIT 40

98 Anthony Cosmano
105 C Terrigno wbf
112 B Pintagro wbf
119 Dan Pipitone 11
126 Vince Acciaia wbf
132 L Borowski 12
138 Jeff Knope 3:25
145 Pete LaPietra 9
155 Steve Lyenko 13
167 M Crawford 2:55
177 forf
215 forf
Dec 3 at Kearney. This was Irondequoit coach Art Conmorton's 249th win as head coach. Shortly afterwards, he won his 250th against BK 33-30.

EDISON 24

forf
Tienick Nelson 3:20
Bilal Binici 3:40
Menzi Thompson 8
Adam Engdahl 3:20
Jaya Eign 3
Deleoni McKee wbf
Barry O'Connor 15
Tynae Bastako 4
Tony Iannucci wbf
David Cronmiller
Lionel Lee

GATES-CHILI 63

98 Joe Smallidge wbf
105 R Giannovola wbf
112 Jim Barbato wbf
119 Shawn Bauer 1f
126 S Smallidge wbf
132 Joe Giglio wbf
138 Mark Neu 13
145 M Matusson wbf
155 Vince Pallotta 2
167 Brian Ritchie wbf
177 K Sommers wbf
215 Jeff Williams wbf
Dec 2 at GC, which set school record for points and pins (9).

RUSH HENR 5

Marcus Colon 2:37
Jamie Friello 1:41
Brian Johnson :42
Peter Friello 2:27
Marcus McGowan 1:50
Koe ViraVong 5:55
Neil Williams 7
Sean Claesgens 4:29
Scott Reddick 16
Scott Owens 5:52
Jeremy Volk 3:09
Pete Scheffe 1:12
J Weed 1:19 exhib.

HILTON 51

98 Don Spaulding wbf
105 G Frechette wbf
112 forf
119 Chris Hahn 0
126 A Antonucci wbf
132 M Nideberger 16
138 Brian Grover 4
145 S LaFountain 16
155 Pat White 16 f
167 Mark Mattia wbf
177 J Reynolds wbf
215 Jeff Phillips wbf
unl Ken Reed wbf
Dec 2 at Kendall

KENDALL 18

John Delano 4:09
Brian Tinehan 1:02
Maurice Robinson
Chuck Yaird 1f 16
Wade Marriott 5:23
Brian Galletto 0 f
Full 2
Eric Yaird 0 f
Jason Kurtz 3:16
unidentified 2:33
Al Gibson 3:16
J Weed 1:19 exhib.

EAST ROCH 41

98 Pietro Furgulla
105 Roy Frey
112 S O'Lea 6
119 Rich O'Lea 13
126 Mike O'Lea 3
132 Phil Lopez 3
138 Pat Quinn 6
145 C Jamieson 4
155 Dan DiFloria 1
167 M Castilli
177 forf
215 DJ Williams
Dec 6 at Batavia

BATAVIA 12

forf
forf
Charlie Lesh 2
Jon Worthington 1
Steve Green2
Brad DioGuardi 3
Brent DioGuardi 3
Mike Alley 1
Paul Conbear 5
forf
Norm Hancock
forf

HILTON 34

98 D Spaulding 1f
105 G Frechette 3:26
112 Joe Camillaci wbf
119 J LaFountain 3:44
126 A Antonucci wbf
132 Nitzenberger 15
138 Brian Grover 1
145 S LaFountain 1f
155 Pat White wbf
167 Mark Mattia 4
177 John Reynolds 3
215 Rob Ball :42
Dec 8 at Hilton

MCQUAID 28

Mark Voci 20-5
Felix Medero wbf
Chris Kosmicki 4:48
Bryan Knauss wbf
Y Kando :12
Jerry Manioci 6
Frank Trigg w
Jim Schnell 24-9
Chris Payne :45
Jeff Vols 6
Dave Prezzano 14
Craig Laudadio wbf

NEWARK 51

98 forf
105 Tim Steingass wbf
112 K Schneider wbf
119 J Wolfanger wbf
126 Jeff Fox 3
132 Heath Rush 7
138 M Johnson wbf
145 Eric Swan 12
155 S Hassler wbf
167 Jarod Bierly 2:46
177 Corey Comer wbf
215 Dave Robbins 10
Dec 8 at Mynderse. Mark Johnson (soph) and Corey Comer (jr) each have three pins this year. Both had 25 wins last season. It was Tim Steingass' third win also. Newark is 3-0 at this point and looks tough.

MYNDERSE 9

forf
Don Ross 2:42
Scott Langley 2:51
Tom Gould 1:26
Eric Mundt 2
Brandon Price 1
Aaron Peckman :55
Graig Peterson 15
Steve Scocroft 4:41
Scott Kline wbf
Chris King :27
Rick Morganti 6
Mark Johnson (soph)
and Corey Comer (jr) each have three pins this year. Both had 25 wins last season. It was Tim Steingass' third win also. Newark is 3-0 at this point and looks tough.

EAST ROCH 47

98 Pietro Furguile 2
105 Roy Frey wbf
112 Shannon O'Lea 7
119 Rich O'Lea 8
126 Mike O'Lea 6
132 Phil Lopez wbf
138 Pat Quinn wbf
145 C Jamieson wbf
155 Dan DiFloria 1
167 M Castilli wbf
177 Ed Kent 5
215 DJ Williams wbf
Dec 8 at ER. ER is now 2-0.

LEROY 8

Kris Sorensen 3
Teku Yimidego 1:12
Jeff Stephany 4
Dan Shirley 4
Tim Donahue 3
Mike Kennedy :56
Todd Englerth 4:30
Scott Page 3:13
Chris Mathis 7
Jody Beaumont 2:39
Dan Scheukler 5
Terry Hagen 1:52
Dec 8 at ER. ER is now 2-0.

WATERLOO

98 J Chuley
105 C Chuley
112 J Knisely wbf
119 R Meyers 9
126 S Knisely 8
132 Pierson 1:50
138 S Bailey 5:24
145 E Boynton wbf
155 A Johnson 3
167 E Babcock wbf
177 Ty Thomas 1
215 T Westfall wbf
Dec 7 at Penn Yan

PENN YAN 18

forf
forf
Jason Groom 2:57
Terry Thompson 3
Dave Hathaway 2
Tom Thompson wbf
Jeff Peacock wbf
Matt Hibbard 1:36
Steve Payne 8
Dan Reynolds 4:41
Mike Darcy 4
Ted Cox :42

PAVILION 46

98 S Burger wbf
105 D Hinrich wbf
112 Cosimeno wbf
119 C Draper 12
126 Ron Powell 13
132 J Mout wbf
138 Schneckengerber :35
145 S Main wbf
155 H Buell 3:54
167 K Baker wbf
177 J Harris wbf
215 M Davis :53
Dec 10 at Pavilion

CARD MOONEY 22

Jeff Tyding 3:45
Tom Baird 2:59
Ben Leyer 1:25
Ed Tyding 6
Warren Jones 12
C Murtha 3:06
O'Shea wbf
K Walter 5:43
D Zustraw wbf
J Shepauski 2:27
M Cantola 2:50
L Pizze wbf

PAVILION 46

98 D Hinrich 11
105 forf
112 C Draper
119 Cosimeno wbf
126 B Gfendler wbf
132 J Mout wbf
138 S Main wbf
145 forf
155 H Buell 3:54
167 K Baker wbf
177 J Harris 4
215 M Davis 5:37
Dec 10 at Pavilion

WILSON-SEC 6 16

Ulysses Bar 11
forf
forf
T Maselli 3:10
D Stevens 1:32
W O'Connor 5:48
B Moss 2:23
D Wagner
forf
S Lewis 2:48
B Faery 4
Scott Moore wbf

GATES CHILI 48

98 J Smallidge wbf
105 R Giannovola wbf
112 J Barbato 10
119 S Bauer
126 S Smallidge wbf
132 Joe Giglio wbf
138 Mark Neu 1
145 M Matusson 3:15
155 V Pallotta 0
167 B Ritchie 13

PITTSFORD 14

J Anderson 3:21
J Hines 3:01
Mau Wait 0
forf
B Fulton 4:42
M Gurell 5:47
B La Prade 9
Raoul Naude wbf
D Naude 8
K Keogh 4

177 K Sommers wbf

215 J Wittman 9
Dec 8 at Pittsford
BROCKPORT 58
98 D Cotter wbf
105 C Fowler 2:47
112 E Stafel 14
119 D Miller wbf
126 A Conie 10
132 S Dale wbf
138 B Gray wbf
145 L Stuchiser 9
155 S Taylor wbf
167 B Dambra wbf
177 forf
215 forf
Dec 8 at Irondequoit

S Helfrich 3:03

D O'Connor 2
IRONDEQUOIT 6
A Cosmano 1:42
C Terrigno wbf
D Pipitone 6
B Pintagro 5:42
V Acciaio 4
L Borowski 4:48
P LaPietra 4:30
M Perriponio 4
S Lyenko 1:17
M Crawford 1:17
B Thompson
K Moore

MIDLAKES 57

98 D Scharrt 3:03
105 T Maslyn wbf
112 M Ranger wbf
119 D Lathrop
forf
126 Matt Maslyn
132 J Wertz wbf
138 D Witherow wbf
145 E Raza wbf
155 E Norrison wbf
167 J Roeland 5
177 forf
215 T Adams
Dec 8 at MIDLAKES: Matt Ranger, last year's Class B champ at 91, looked impressive as he scored a 1st period pin.

RED JACKET 12

G Washburn wbf
T Donovan 3:42
P Sheldon 1:16
forf
forf
D Dillon 1:15
M D'Arduini 1:47
H Myers 1:48
M Goodison 1:23
R Dowdle 4
B D'Arduini
forf

JASPER T-BURG 49

91 S Hawkins
98 forf
105 forf
112 forf
119 J Drake wbf
126 B Aldrich wbf
132 C Woodworth wbf
138 S Guinnip 12
145 E Calkins wbf
155 B English 2:57
167 L Zaleski
177 P Hunt wbf
215 J Paddock 9
Dec 9 at Jasper-Troupeburg High.

FILLMORE 12

forf
forf
forf
D Marriott
J Stone 1:10
A Moore 5:12
C Potter 1:03
A Weierheiser 0
B Nichols 1:03
D Polaskie wbf
forf
S Nubickel 2:45
R Chaddler 6

BATAVIA 36

98 C McClinic wbf
105 B Ray 1:21
112 C Lesh 2
119 J Worthington 9
126 S Green wbf
132 Brad Dioguardi wbf
138 Brent Dioguardi wbf
145 M Alley 11
155 P Conbear 8
167 N Hancock 6
177 forf
215 J Hunt 1:47
unl B Cabrera wbf
Dec 10 at Batavia.

CHURCHVILLE 24

M Day 4:53
B Chontosh wbf
T Bumbarger 13
J Acton 8
S Murray 1:21
Accardi 4:00
G Casey :50
C Montulli 7
V Anderson 0
T Flack 6
M Depoint
S Hall wbf
M O'Connor 3:44

WAYNE 27

98 S Stevenson 10
105 J Petrotta 5
112 S Shales 11
119 B Miller 7
126 T Alci 1:15
132 M Trimble 7
138 S Davis wbf
145 K Ranck 3:19
155 C Capone wbf
167 J Davis 4
177 B Bizzigotti 4
215 B Swarthout wbf
Dec 13 at Wayne. NRW was ranked 10th in Section 5 poll going into match and lost a team point during the 145 pound match.

NR-WOLCOTT 26

Bucky Steves 11
D Murphy 1
W Homan 8
Gary DeCarr wbf
Rich Steves wbf
G Gama 10
D Betts 4:20
J Brooks wbf
M VanDyne 4:46
C Zerniak 2
L Zerniak 9
D Gross 1:55
Dec 13 at Wayne. NRW was ranked 10th in Section 5 poll going into match and lost a team point during the 145 pound match.

WAYNE 57

98 S Stevenson
105 J Petrotta wbf
112 S Shales wbf
119 B Miller 7
126 T Alci 11
132 M Trimble 11
138 S Davis wbf
145 K Ranck 14
155 C Capone wbf
167 J Davis 10
177 B Bizzigotti wbf
215 B Swarthout 14
Dec 14 at Wayne. Wayne is 4-0 at this point.

MYNDERSE 0

forf
D Ross :57
P Gould:41
P Fabrenholtz 0
E Mundt 4
B Price 1
A Peckham 5:24
C Peterman 4
S Scocroft 1:17
S Kline 7
C King 1:09
R Morganti 6
Dec 14 at Wayne. Wayne is 4-0 at this point.

BATAVIA 24

98 C McClinic 8
105 forf
112 C Lesh 6
119 J Worthington 7
126 S Green 9
132 Brad Dioguardi 1
138 B Dioguardi 13
145 M Alley 7
155 P Conbear 13
167 S Robinson 2:56
177 N Hancock 0
215 forf
Dec 14 at Batavia. Albion's 2nd tie.

ALBION 24

B Dexter 4
R Kingdollar
J Gates 5
Joe McVige 4
Jeremy McVige 5
P Bakeman 2
Vandegenachte 5
J Aina 2
D Clark 4
W Moss wbf
M Coville 4
C Rogers
Dec 14 at Batavia. Albion's 2nd tie.

PAL-MAC 39

98 S Allen wbf

MIDLAKES 14

D Scharrt :34

105 D Horton 12

112 M Roberts 4
119 C Samson wbf
126 K Bell 3
132 J Freyn 8
138 S McDuff 2
145 J McDonald 5
155 Z Wert 0
167 C Francis wbf
177 S Rebeck
215 A Waters 9
Dec 15 at MIDLAKES. Wertz (132) won the battle of unbeaten wrestlers. Roberts (112) beat M Ranger, who was last year's class B Champ at 91 lbs.

T Maslyn 1

M Ranger 2
M Maslyn 1:52
B Ranger 16
J Wertz 13
E Raza 2
E Edington 0
E Norrison 8
J Roeland 4:56
forf
T Adams 3
Dec 15 at MIDLAKES. Wertz (132) won the battle of unbeaten wrestlers. Roberts (112) beat M Ranger, who was last year's class B Champ at 91 lbs.

VICTOR 43

98 forf
105 T Beal wbf
112 M Colyer
119 D Robinson 3
126 A Prezyrna 6
132 C May 13
138 D Payne
forf
145 M Suda 1
155 M Shaffer 2
167 C Lamb
177 J Robinson
215 S Pancost wbf

GENEVA 16

C Schading
J Rapini 1:16
forf
D Richardson 3
W Morabito 12
J Rolon 4
forf
S Cataline 1
K Chitaphong 6
forf
forf
B Decker 1:23

MIDLAKES 57

98 D Scharrt 3:03
105 T Maslyn wbf
112 M Ranger wbf
119 forf
126 M Maslyn
132 J Wertz wbf
138 D Witherow wbf
145 E Raza wbf
155 E Norrison wbf
167 J Roeland 5
177 B D'Arduini
215 T Adams

RED JACKET 12

G Washburn wbf
T Donovan 3:42
P Sheldon 1:16
D Lathrop
forf
D Dillon 1:15
M D'Arduini 1:47
H Meyers 1:48
M Goodison 1:23
R Dowdle 4
forf

WAYNE 59

98 S Stevenson
105 J Petrotta
112 S Shales
119 B Miller 8
126 T Alci 7
132 M Trimble 6
138 S Davis 11
145 K Ranck wbf
155 J Martin 11
167 J Davis wbf
177 B Swarthout wbf
215 A Brown wbf

SODUS 0

forf
forf
M Freeman 2
D Laird 2
T Montondo 1
S Chanthyack 0
R McCarthy 1:35
J VanCuyck 2
C Lawson 2:27
C Ward 1:59
W Colon 2:20

WAYNE 48

98 S Stevenson
105 C Hyman :41
112 J Petrotta
119 B Miller 9
126 T Alci wbf
132 M Trimble 7
138 S Davis wbf
145 K Ranck wbf
155 C Capone 4
167 B Bizzigotti wbf
177 B Swarthout 9
215 forf
Dec 20 at Wayne. Bill Swarthout, 177, is undefeated at 8-0.

VICTOR 14

forf
T Beal
forf
D Robinson 2
A Prezyrna 1:13
C May 2
B Carroll :44
D Newman 2:55
M Suda 1
C Lamb 1:26
J Robinson 4
S Pancost
Dec 20 at Wayne. Bill Swarthout, 177, is undefeated at 8-0.

NEWARK 36

98 T Steingass wbf
105 R Farnsworth L
112 Schneider 4:24
119 Wolfanger 1:48
126 unident. 2
132 M Johnson wbf
138 E Swan wbf
145 S Hassler 2
155 J Bierly wbf
167 C Temple wbf
177 C Comer wbf
215 P Robbins 4
UNCL P Rojas wbf
Dec 1 at Waterloo.

WATERLOO 27

J Chuley 4:00
C Chuley W
J Knisely wbf
R Meyers wbf
S Knisely 7
E Pierson 2:40
S Bailey 1:46
E Boyton 6
A Johnson 4:46
E Babcock 4:21
T Thomas
T Westfall 6
K Smith :17

NR-WOLCOTT 66

91 S Lockwood 2:16
98 B Steves
105 D Murphy wbf
112 W Holman
119 R Steves wbf
126 G DeCarr wbf
132 G Gama wbf
138 D Betts wbf
145 J Brooks wbf
155 M VanDyne
167 J Hull
177 L Zerniak
215 forf

LYONS 12

D Wunder wbf
forf
S DeLork 3:48
forf
S Cochrane :14
L Marks :22
R Brown
A Owen :34
J McIntyre
forf
forf
D Robinson

BROCKPORT 26

98 D Tou
105 C Fowler wbf
112 E Stierfel 4:20
119 D Miller 3
126 A Conie 0
132 S Daley 6
138 B Gray 5
145 S Taylor 8
155 B Izzo 5
167 B Dambra 4
177 F Kennedy 3:56
215 B Thompson 6

CANANDAIG. 23

forf
CJ McNamara 4:54
Cory Sinton wbf
K Foster 9
T LeGrete 0
Ted Cornish 0
Chad Sinton 2
M Sidare 7
C Simonsen 8
C Bell 2
J Welch wbf
T Stark 11

SO SENECA 36

ODESSA MONT. 30

98 forf
105 J Graber wbf
112 K Vorhees wbf
119 J Barkee
126 M Wilkins wbf
132 M Davis wbf
138 J Post 3:55
145 C Hubbard 1:56
155 D Hager 3:05
167 H McLaughlin 1:14
177 P Wells 1:00
215 S Woodard wbf
What a wild match! South Seneca came out storming and notched four straight pins. Then it was Odesa-Montour's turn, as they pinned in the next five matches. To clinch it, South Seneca came back and pinned in the final match. Total wrestling time: less than 22 minutes!

MYNDERSE 47
98 forf
105 D Ross wbf
112 Pat Gould 0
119 forf
126 P Fahrenholz wbf
132 E Mundt wbf
138 B Price wbf
145 A Peckman wbf
155 C Peterman 3:08
167 S Scrocroft :23
177 S Kline 5
215 R Morganti wbf

NEWARK 56
98 T Steingass wbf
105 J Aumell
112 K Schneider 0
119 J Wolfanger :58
126 J Fox wb def
132 H Rush 9
138 M Johnson 13
145 E Swan wbf
155 S Hasseler wb def
167 C Temple wbf
177 C Comer wbf
215 D Robbins wbf R Lindeman 4:26

NEWARK 51
98 T Steingass wbf
105 J Aumell 11
112 K Schneider
119 J Wolfanger
126 J Fox 8
132 H Rush wbf
138 M Johnson wbf
145 E Swan 4:29
155 S Hasseler wbf
167 C Temple :34
177 C Comer wbf
215 D Robbins wbf

MARCUS WIITMN 33
98 J Hill wbf
105 J Rushman
112 Whitman
119 forf
126 B Smith
132 M Chappelle 3:45
138 P Borden 2
145 T Campbell tie
155 B Morris wbf
167 J Chappelle wbf
177 J Ratt 4:47
215 R Lindeman wbf

GATES-CHILI 49
98 J Smallidge 17
105 R Ginnavola wbf
112 J Barba 8
119 S Bauer 3
126 S Smallidge wbf
132 J Giglio wbf
138 M New wbf
145 V Pallotta 5
155 R Carapezza 3:15
167 B Ritchie wbf
177 K Sommers wbf
215 J Whitman wbf

WATERLOO 33
98 J Chuley wbf
105 C Chuley 7
112 J Knisely 9
119 R Meyers wbf
126 S Knisely wbf
132 A Pierson 3:39
138 S Bailey 2:39
145 E Boynton 2
155 A Johnson 1
167 T Thomas wbf
177 E Babcock 2
215 T Westfall 1

MCQUAID 36
98 M Voci 5:35
105 F Medero wbf
112 C Kosmicki :32
119 forf
126 B Knauss wbf
132 B Porio 2
138 M KKanezny wbf
145 F Trigg wbf
155 J Voli wbf
167 J Schnell 1
177 D Prezzano 8
215 C Laudadio wbf
Dec 21 at McQuaid. This snapped Pavilion's 30 dual meet win streak. In 1986/87, they won 9 straight duals; in 1987/88, they

forf
J Fowler 3:38
J Melendez 1:40
forf
R Morgan :16
K Perbues 2:41
J Tivorno wbf
J Loper wbf
W Stremmer wbf
Carl Guild wbf
G Melendez wbf
M Burns 3:09
forf
J Graber 2:41
K Vorhees 12
J Barkee
M Wilkins 3:21
M Davis 5:32
J Post 5:45
J Loper 5:30
W Stremmer wbf
C Guild wbf
G Melendez 9
M Burns 3:26

PENFIELD 10
S McCullough 1:26
forf
C Kaper 8
J Pixley wbf
B Quigley 1:58
J Pette 3
J Griffin 1
T Ziegler 3:33
M White :58
K Eberhardt 3:04
E Walsh 1:34
R Gysel 2:43

MARC. WIITMN 15
J Hill 4:48
J Rushman 14
forf
B Smith 1
M Chappelle 5:59
P Borden :41
T Campbell wbf
B Morris 2:40
J Chappelle wbf
J Ratt :34
R Gysel 2:43

PENFIELD 33
S McCullough 5:54
forf
forf
C Kaper
forf
J Pette wbf
M Suras 3
T Ziegler tie
M White :40
K Eberhardt 1:19
E Walsh wbf
R Gysel 4:32

WATERLOO 12
J Chuley 8
C Chuley 1:00
J Knisely 1
S Knisely 5
R Meyers 3:49
A Peirson 5:45
S Bailey 3:36
E Boynton 9
A Johnson wbf
T Thomas 3:59
E Babcock 1:07
T Westfall :26

PITTSFORD 25
J Anderson :56
J Hines 18
M Ward 1
B Fulton 3:42
G Naronna 3:56
M Guerele wbf
B Laprade wbf
R Naude 6
D Narde 11
K Kough 3:56
S Helfrich 2
D O'Connor 0

PAVILION 27
D Hinrich wbf
C Draper 5:30
R Cosimeno wbf
S Wilkinson
B Pfindler 4:10
J Mott 4
S Main 5:00
H Buell :42
Dan Johnson 2:35
K Baker 8
J Harris 9
M Davis :41
forf
J Graber 2:41
K Vorhees 12
J Barkee
M Wilkins 3:21
M Davis 5:32
J Post 5:45
J Loper 5:30
W Stremmer wbf
C Guild wbf
G Melendez 9
M Burns 3:26

won 17; and this year they won their first 4 duals. This little-big team (Class D) has beaten several large school teams the past couple of seasons: Byron Bergen, Attica, Irondequoit, Lyndonville, Cardinal Mooney, Rush Henrietta, Warsaw, Newark, and some section 6 schools. Coach John Grillo, 35, last year's Class D and Overall Coach of the Year, has an 11 year record of 113-57-2.

NEWARK 36
98 T Steingass 2
105 J Aumell 4:41
112 R Farnsworth 5:51
119 K Schneider 3:27
126 J Fox 13
132 H Rush 8
138 M Johnson 6
145 E Swan wbf
155 S Hasseler 7
167 C Temple wbf
177 C Comer wbf
215 D Robbins 9
Dec 21 at Pal-Mac. Newark is 6-0 at this point. Heath Rush, undefeated at 132, defeated another undefeated wrestler, Joe Freyn, 8-7.

MIDLAKES 45
91 D Scharett 2:57
98 forf
105 forf
112 M Ranger 10
119 D Lathrop wbf
126 B Ranger wbf
132 J Wertz 14
138 S Grayson
145 E Edington wbf
155 J Roelandt 1:26
167 T Morkley
177 forf
215 T Adams wbf
Dec 20 at Lyons.

MIDLAKES 37
91 D Scharett
98 forf
105 forf
112 M Ranger
119 D Lathrop
126 B Ranger 8
132 J Wertz 12
138 B Haslett 4
145 E Edington 1
155 E Raca 4
167 forf
177 forf
215 T Adams wbf
Dec 22 at Midlakes. Bryant Ranger, 126, and Jason Wertz, 132, are both undefeated at 8-0.

CANANDAIGUA 37
98 forf
105 CJ McNamara
112 C Sinton 6
119 K Foster 6
126 T Legreue
132 Ted Cornish 12
138 C Sinton wbf
145 M Sidare 5
155 C Simonsen 6
167 C Bell 2
177 J Welch 12
215 T Stark 2
Dec 22 at Waterloo.

WATERLOO 14
J Chuley
C Chuley 5:22
J Knisely 2
S Knisely 2
forf
R Meyers 2
D Brown 3:48
E Boynton 6
A Johnson 2
E Babcock 5
G Brown 1
T Westfall 2

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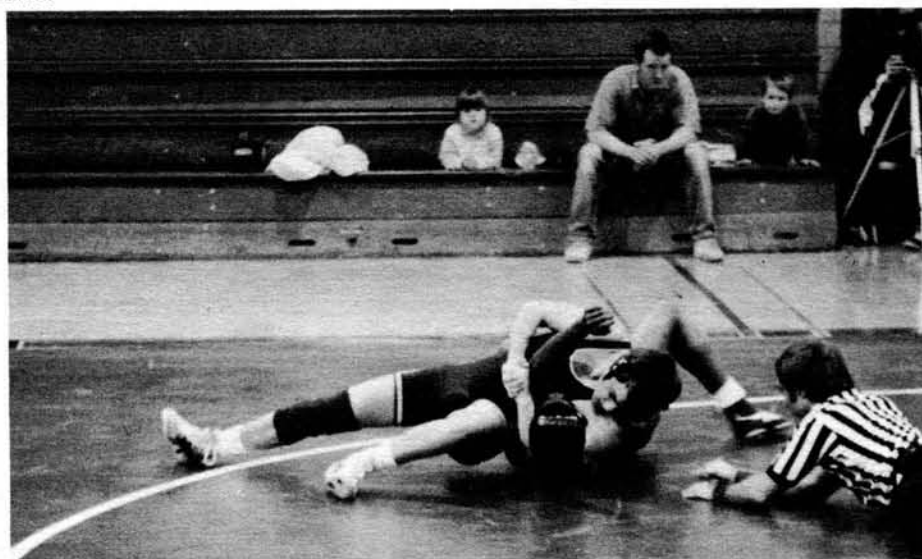
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Newark's 155 pound Steve Hasseler applies a flattening headlock against Lyons opponent. Although the bottom man appears flat, this move did not result in a fall. Photo by Russ Hasseler.

The Ultimate Winner

by Douglas S. Looney

Dan Gable willed himself to become the best US wrestler ever. Now he's applying his singular dedication to coaching the American team in LA.

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There he stands, on a February day, in a baggy, gray sweat suit, holding up a wall in the University of Iowa wrestling room. He's 5'10", 160 pounds, balding and wearing dark-rimmed glasses to correct his 20/200 vision. In a room otherwise full of guys with immense necks, massive shoulders and columnar thighs, this bespectacled fellow is obviously the one to seek out later this summer on the beaches of LA if you want to kick sand in somebody's face.

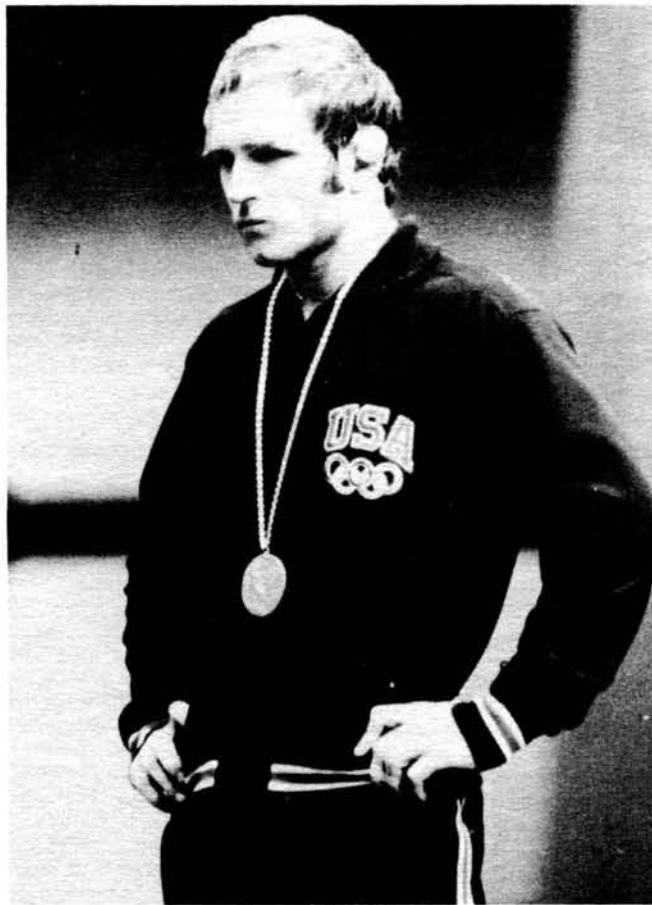
He's also the coach of America's 1984 Olympic freestyle wrestling team, whose chances of whipping the Soviets, or frankly, even the Bulgarians in LA were also pitiful looking. But with these two teams boycotting the Games, the US suddenly has a fine chance to do some serious medaling. That's almost entirely because this baggy gray eminence is Dan Gable, America's Ultimate Winner. Never has there been an individual in any sport more dedicated to total excellence. His absolute devotion stems from his absolutely one-dimensional life. There's nothing that interests Gable except wrestling. Nothing.

His wife's name is, ahhh, it'll come to him in a minute. The kids are, ahhh, well, two girls and one boy. Or is it one boy and two girls? Stay tuned. Gable was recently trying to repair a leaky kitchen faucet, and all the while he was mumbling "What does fixing this have to do with wrestling?"

Back in Gable's hometown of Waterloo, Iowa, his father, Mack, says, "Dan's Number One thing always was wrestling." And what was his No. 2 thing? "There never was a Number Two."

But because Gable's sport is wrestling, not a media favorite such as football or basketball or baseball, it's still necessary to run through Gable's resume. At West High in Waterloo, his record was 64-0, and he was a Class AA champion in 1964, '65, and '66. At Iowa State, he was undefeated in 117 matches, including 83 pins, and twice an NCAA champ before losing his final college bout in 1970. As a junior he was 30-0, winning 26 bouts by fall; two of his other victories were by 25-6 and 12-1, and the remaining two were won by forfeit. At various times and by various groups he has been named man of the year, coach of the year, athlete of the year, human of the year, and man of the ages. He won five US championships, one Soviet national title, a world title and the Pan American Games gold medal. He amassed all those distinctions by destroying opponents mentally, and then physically.

And in the highlight of his career, at the 1972 Games in Munich, wrestling with a ravaged left knee and a deep cut over his left eye, Gable blitzed the best 149.5-pound wrestlers in the world. But it was assumed



Dan Gable, 1972 Olympic Games Gold Medalist at 149.5 pounds. In Munich, he beat the best wrestlers in the world without giving up a single point. He was so psyched up, the officials administered drug tests after every match.

he'd do that; what was truly stunning was that he went unscored upon in the Olympics. In fact, in 21 matches wrestled under international freestyle rules leading up to and through Munich, Gable gave up exactly two points. Incredible. "Sure it hurt," says Gable. "The point of wrestling is that it hurts and you overcome that. It never occurred to me that it wasn't supposed to hurt."

And since Gable took over as the head wrestling coach at Iowa in 1976 - he was the assistant from '72 to '76 - the Hawkeyes haven't lost in Big Ten dual meets and have won an unprecedented seven straight NCAA championships.

But for Gable, now 35, those accomplishments aren't nearly enough. What he desperately wants is to dominate his sport internationally. Twice, however, he has been foiled - in 1980 when he was the Olympic coach and the US boycotted the Moscow games, and now in 1984 with the Soviets staying home. It makes him furious that he won't be sending his charges out to meet the Soviets; once, months ago, when he was asked what he would do if the USSR failed to show up in LA, he said rather flipantly, "I wouldn't even coach. I'd turn the team over to my wife." Everyone laughed. Now nobody is laughing; Gable's wife isn't coaching; and he's very much in command, directing the US team with his old white-hot fury. But he still feels thwarted.

The point is that world-class athletes - Gable being Exhibit A - want to prove themselves against the best. And while the US seemingly was going to get thrashed and trashed by the Soviets, Gable wouldn't

even consider such a possibility. Before the USSR pullout, he was pounding his fist on his desk, on his car's dashboard, or his own thigh, on *everything* and saying, "Our goal is to beat the Russians in all 10 weights and win the Olympics." Incredible, he believed his own fairy tale. That figures, because throughout his wrestling career, Gable willed himself to victory; now he wills others. When he's around, it's as if losing isn't an option.

Whenever the subject of Dan Gable comes up in conversation, the word intensity in never far behind. And while the word has been cheapened by overuse and misuse, Gable is the epitome. By God, he deserves "intense" as a descriptive. It's his. He earned it the old-fashioned way; he *worked* for it. Everything about Gable harks back to his intensity. Indeed, there's so much talk of intensity when Gable is being discussed it seems there's no other dimension to his character.

"I don't want to be an expert in all fields," says Gable, as he stands in the wrestling room. "I don't even want to be an expert in two fields. I want to be an expert in one field. Wrestling. Just wrestling. When I walk onto the mat, I tingle." The intense Gable is watching 25 Iowa and/or Olympic prospects drill in pools of sweat. "The way to win is to dominate. If you don't you're more vulnerable and you're not realizing your potential. If you can beat somebody 30-0 or pin them, why coast to victory? My philosophy is to score, score, score. If that means humiliating a guy, that's tough. That's also wrestling, and if you let up, you'll get pinned."

You'll get pinned. The words snarl and snap as they come from Gable's mouth. How could anybody allow himself to get pinned? Suddenly, he's focusing on the efforts of 126-pound Iowa senior Tim Riley, who's clearly at the brink of mental and physical exhaustion. "Riley," barks Gable, "you have to move your feet more in order to create openings." With that, Riley quits and walks off the mat.

"Sorry you couldn't make the end of practice," Gable calls after him.

"I could have made it," says Riley. "I just didn't want to."

"Naw," says Gable. "You just weren't tough enough to make it." Gable shakes his head sadly, as if unable to grasp how an athlete - especially one of the best collegiate wrestlers in the country - couldn't finish practice. The next day, of course, Riley is back with an apology and excuse, and of course Gable takes him back. And Riley redoubles his efforts. But Gable muses softly, "In wrestling, you don't break down, you don't quit. See, that's the problem in life. It's too easy to turn on the TV and pull up the covers." Gable has never pulled up the covers. He'd have to be tutored to learn how to quit.

Gable has spent a lifetime possessed by demon wrestling. Even Mack Gable says that after Dan won in Munich, "they gave him all sorts of special dope tests, and I don't blame them. He looked like he was on dope. His eyes were glassy, and he was so psyched up. Getting psyched that high isn't good for you." Perhaps not. But it sure is good if you're America's Ultimate Winner.

Back over in a corner of the Iowa wrestling room, Pete Bush, a former NCAA champ at 190 pounds, is struggling. "Don't quit!" screams Gable. "You can't quit. Come on. Think that you have 30 seconds left and your career in wrestling is over." Bush struggles, tries, strains, - and gives up. He lies spent, on a slick of sweat. Gable looks down at him and asks incredulously, "You mean you couldn't hang on for three more seconds? Three more seconds." He again shakes and Bush yells, "This is!"

Indeed, Bush has hit on the essence of wrestling. It's not only the most thankless sport, but it's also the most intense. Chris Campell, a 1980 Olympic team member at 180.5 pounds, says, "If you don't want to work, Gable is too intense. But it's so simple. It comes down to whether you want to win or lose. I think people hate him behind his back because he wins. What Gable teaches you is that whatever you do in life, pick something and go at it 100 percent."

"Nobody ever had to zap Gable with intensity," says former Iowa basketball coach Sharm Scheurman. "He's just always had it." And Gable's mom, Katie, hesitates when she's asked how he came by this attribute. "Do you have to get it someplace?" she asks. "I don't think so. Intensity is what you do yourself."

Practice is also something you do yourself. But having Gable at every workout is more than a little nerve-racking. It's 6:46 am, and in the Iowa wrestling room Gable, in his baggy sweat suit, is pacing around and clapping his hands, already unhappy that practice is starting late. Never mind that it isn't supposed to start for another 14 minutes. In Gable's mind, it's late. If you're not doing something toward winning, right

now, you're late. A wrestler strolls by and says with a laugh, "Ready, Coach?" Snaps Gable, "I'm ready. This is my second workout today." It is, too. He has already run six miles; before this day is done, he'll work out three more times by 11 pm.

Practice proceeds. A wrestler may think he's having a tough workout, but it isn't really rigorous until Gable ambles over and without a bit of "molly putzing" - a favorite Gableism that means wrestling like a sissy - grabs hold of the youngster and starts showing him a few things. Gasps Lou Banach, the 1983 NCAA heavyweight champ, "I love wrestling, I mean I love it. But I don't love it like Gable loves it." Fatigue makes cowards of everyone - except Gable. He won't succumb. Once, while training for the Munich Olympics, he told Bill Wieck, one of the nation's best high school coaches and a veteran international coach, he was through practicing for the day. "OK, Dan," said Wieck, "but the Russians are still working out. Think about that when you go home to bed." Gable was incensed. "Let's wrestle!" he screamed.

When Gable was in college, he once was confronted by a reporter who said, "You must never think of anything but winning."

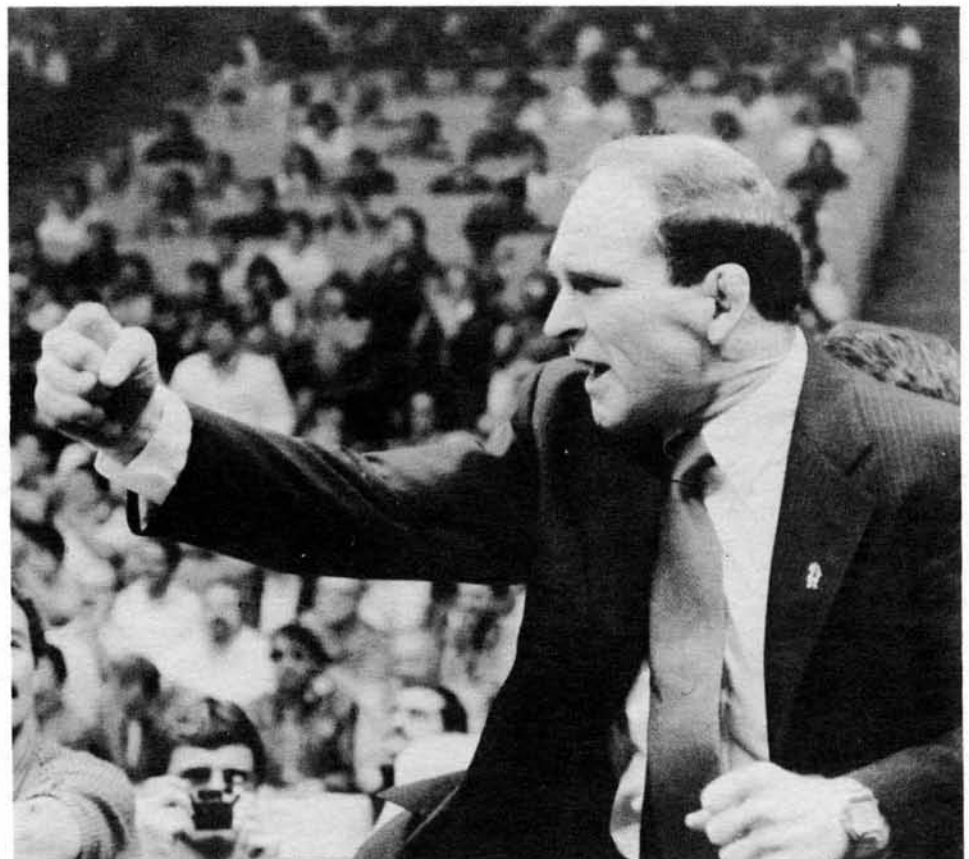
Responded Gable, "No, sir. I never think of anything but losing."

And miraculously, Gable is able to take this intensity and transfer it to others. There's just something about Gable: When he greets you and says, "Good morning," you have a sudden urge to run through the nearest wall or at the very least pin somebody.

And if Gable gets the utmost out of this Olympic team, the US could win seven of the ten weight classes. Before the Eastern bloc walkout, American wrestlers thought they might win only three medals, and that was probably wishful thinking. At last September's world championships in Kiev, the USSR won seven golds, and the US one, by 163 pounder Dave Schultz. In the '76 Olympics, Americans won one gold, and in '72 the total was three, including Gable's.

The biggest challenge now facing the US in the Olympics is one of style. Americans grow up doing folkstyle (also known as collegiate style) wrestling, but in the Olympics they must compete under international freestyle rules, which are considered considerably different. In international wrestling one must dominate one's opponent, rather than simply control him, as the US rules encourage a wrestler to do.

But Gable isn't worried. Closely connected to his intensity are his devotion and determination. Joe Wells, an assistant coach at Michigan and Gable's roommate while both were Iowa assistants, says, "He's able to give so much of himself without reservation." Gable is mystified that devotion is worth praising and says, "When something means something, sacrifices are nothing." To Gable, wrestling doesn't mean something, it means everything. Wrestling isn't part of life, it is life itself. Therefore, he reasons, why is it special that he owns a four-wheel-drive vehicle, in part so he can drive around predawn Iowa City, long before the snowplows are out, and pick up his wrestlers and take them to early practice? Devotion. This spring, Gable rushed from



Iowa Coach Dan Gable, now 39, during a recent Hawkeye win. Gable likes coaching better than competing. "I never jumped for joy when I won... Now I go into hysterics and make a fool out of myself."



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Iowa City to Chicago's O'Hare airport to greet a group of potential Olympic team members who were changing planes en route to a tournament. He was a one-man pep rally, cheering, clapping, encouraging, building confidence. See, he didn't have to be at O'Hare. But he was. He didn't even notice, and certainly didn't care that other travelers were slack-jawed at his performance. Devotion.

And determination. When Gable is in pursuit of a dream, which is what he has been most of his life - "People who have a hard time finding goals are the ones who aren't looking," he says. His focus is unswerving and his vision tunnel-wide. Why, there goes his wife, ahhh, what's her name, right over there. Once during his undergraduate days at Iowa State, he was thrown in jail for possession of beer on the street, a charge of dubious legal merit. Forced to spend four hours behind bars, Gable put the bars to use: He did pull-ups on them. And the cold jail floor was just right for one-armed push-ups. This is Gable. You can confine his body, but you can't confine his spirit.

Too, there's a certain magic surrounding Gable. "I'm entranced by the sport," he says. "I'm in awe of it." And the sport is in awe of him. Gary Kurdemeier, assistant athletic director at Iowa and a former Hawkeye wrestling coach, says, "There's nothing as dead as last year's hero. But with Gable, it isn't respect for what he's done but for what he's doing." Says Bob Dellinger, director of the National Wrestling Hall of Fame in Stillwater, Okla., "He's a messiah."

Only a few coaches come along who

spark utter devotion the way Gable does. Bear Bryant was one. Joe Paterno is one. The list is very short because far too many other coaches mistake fear for respect. Woody Hayes made that mistake. There's a big difference between fear and respect, and athletes detect it immediately.

As the guru of US wrestling, Gable has an undeniable recruiting advantage in that most of the best high school wrestlers would love to have the opportunity to learn at his knee. Yet Gable's forte is his ability to take average wrestlers, like Chuck Yagla and Bruce Kineth, and turn them into champs. Yagla, who was a pet project of then assistant coach Gable, won national championships at 150 pounds in '75 and '76, and Kineth also took the 150-pound title, in '79. Each won outstanding wrestler honors at the NCAA tournament, as did Gable, who was a high school wrestler of average ability, very average, but with a heart as big as the Iowa outdoors.

Few coaches have the presence that Gable does. When he walks into a wrestling room, business picks right up, right now. All eyes follow him. And his eyes follow the wrestlers' every move. Now Gable is helping over on the weight machines where someone is having trouble getting the equipment set for the proper poundage. "I'll do it," says Gable. And he does, silently adding some 20 pounds to what the wrestler intended. "Too heavy?" asks Gable, innocently. The wrestler says nothing. "Let me know if it's too heavy," says Gable, helpfully. The point, of course, is this: Do you want to be the wrestler who

tells Dan Gable - Dan Gable! that something is too heavy? Do you want to be the wrestler to tell him that the days are too long and the nights are too short? Says Gable, who used to work out day and night, "One thing is that if one of my wrestlers loses he has to face me." God what could be worse?

Oklahoma coach Stan Abel says of Gable, "It's like he's a brand name." Mike Chapman, a longtime Iowa journalist and author of articles and books on Gable, says, "I'm not sure if he knows he's one in a billion. He simply transcends the sport. He'll become folklore and legend." Gable already is folklore and legend. This is the second time he has been named Olympic freestyle coach, and while the committee went through the charade of waiting for all the applications to come in and then following all the selection procedures, the fact is, Gable was the only possible choice. Second choice was Gable, third choice was Gable, fourth choice was Gable... Jim Zalesky, undefeated last year at Iowa and a three-time NCAA champ at 158 pounds, says "He makes us believe that the most important thing we do isn't the winning but the preparation we put into winning. It's magic."

Gable is able to work this magic because he doesn't dwell on himself. "I" is a very small word in the Gable vocabulary, and it's never writ large. He doesn't call up his glories past, even when he's trying to inspire his team; Munich isn't a conversational centerpiece for him. That was yesterday, and yesterdays don't count anymore.

Indeed, even faint hints of reliving old times irritate Gable. To this day, at age 35, Gable is still the roughest, toughest, orneriest, meanest, best wrestler in the room. You can still whip 'em all, ain't that right, Dan?

"Well, I think wrestlers can tell a lot from the determined, excited expression on my face," he says. They know I'm excited about their wrestling."

"And you can still whip them all?"

"I can't believe I won as much as I did knowing as little as I did. I should have been much more accomplished."

"And you can still whip them all?"

"I don't care if they ever wrestle like I did. All I do is tell them how to do it, without putting me in the picture. I expect them to win. And I want them to expect to win."

"And you can still whip them all?"

"Look, I don't have to prove anything. Whether I can whip them or can't is beside the point."

Gable just has no ego to be fed, which makes him different, too, in an ego-overloaded sport. He even likes coaching better than competing. "The thrill of victory is greater," he says. "I never jumped for joy when I won. It was an inner satisfaction that I didn't show outwardly. Now I go into hysterics and make a fool out of myself. It's like my inner feelings now are out of control."

Totally within his control, however, is how he conveys everything he's about - intensity, dedication, devotion, focus, magic, lack of ego - to his wrestlers. "The only reason we win at Iowa," says Randy Lewis, a former Hawkeye wrestler, "is because of Gable. And the only reason we have hope at the Olympics is Gable. You just always

know he'll pull you through."

Wells says, "People say they work hard but they don't know what Dan means by working hard. What he demands is unreasonable, bizarre - and it works." Bizarre? Is it bizarre when Gable and several wrestlers are discovered in a hotel hallway in Chicago working out, bouncing off the walls? Is it bizarre when Gable has his Iowa wrestlers out in front of a Ramada Inn in Stillwater, Okla. working out on a February morning following this past season's only dual meet defeat, to Oklahoma State? In truth, it's bizarre only if total effort isn't your game. A former Iowa State teammate, Jim Duschon, explains, "Wrestling is a job for these other coaches. For Gable it's life."

But Gable, in teaching wrestling, a.k.a. life, never asks his wrestlers for a single ounce of effort that he didn't - and doesn't - expend. So a wrestler wants to talk injury? Gable has had sprained ankles, a broken bone in his left foot, broken fingers and a broken nose. Both his knees have been operated on (the left one four times, the right one twice), as has his left elbow. He has undergone surgery on his upper lip six times for benign tumors. He has cauliflower ears, eyelids that have been stitched four times, torn cartilage in his ribs and a severely pinched nerve in his neck.

Yet, when a former Iowa wrestler, Harlan Kistler, wanted to work out at 11:30 one night during last March's NCAA tournament, Gable was ready. Of course. Never mind that Kistler was there only as a spectator, to watch his brothers, Lindsey and Marty, compete for the Hawkeyes. Never mind that trainer Dan Foster first told Gable his neck wouldn't allow him to, then pleaded, "At least wear your neck brace." Said Gable stoically, "I'm going to wrestle, and I'm not wearing no neck brace, because I'm not giving anyone the satisfaction of seeing me with it on." Later, Gable said, "I don't have a muscle, a joint or a bone that hasn't been injured. But, really, I'm lucky I haven't been injured much." OK, you want to talk injury?

Being rough, tough and talented as an athlete, however, is no guarantee of coaching success. The history of sports is littered with stars unable to cut it as coaches or managers: Otto Graham, Bart Starr, Wilt Chamberlin, Norm Van Brocklin, Maury Wills, Ted Williams, to name a few.

Iowa State obviously felt Gable wasn't going to be anything special as a coach. After his glorious collegiate wrestling career, the school made little effort to keep him on the staff as other than just another lowly graduate assistant. He finally was asked if he'd like to travel around the state soliciting beef and pork donations to be used at the athletic training table. What was the job title? Says Gable, "Beef-and-pork-man, I think." Fortunately, Kurdelmeier wasn't nearly so shortsighted, and he snapped up Gable for his staff for the 1972-73 season. Since that day, the Hawkeyes have become the longest-lived dynasty since John Wooden's UCLA basketball teams of the late 1960's and early 70's.

Nobody understands wrestlers like Gable, and he says, "In no way will I demand of a kid 100 percent dedication because I leave it up to the individual how much he really wants to win." In truth, anything less than full dedication simply doesn't cut it with Gable. "When I talk, my

athletes listen to me," he says. "But the more they lose, the harder it is to make them believe. You've got to get them success. They've got to be able to look at their parents and feel good. But the day my athletes quit listening is the day they quit believing in me, which is the day I get out of coaching."

Lewis was recently pondering what makes Gable so effective as a coach. "He knows how to make adjustments, when to work, when to ease off," Lewis said. "And he has the ability to keep things new. Workouts are different every day. You never know what's next. He'll tell you to start running laps, and you don't know if it will be one lap or ten. But when he sees you're really tired, I'll tell you what, that's when he pushes you some more."

Gable's hands-on coaching style is also central to his success. Minutes before Iowa's loss to Oklahoma State, Riley came up to a weigh-in still needing to shed another half pound. So Gable took him by the arm, walked into the sauna with him and stayed there until Riley lost another few ounces. What struck some as unusual was that Gable had on a coat and tie and it never occurred to him to take them off until he'd been in the sauna for five minutes. Tunnel vision. Last March, Gable was at Northwestern to coach a US team against a Soviet team. Again in sport coat and tie, he walked into a workout room - a casual observer. But almost predictable he couldn't bear just watching. And after exactly 32 seconds, he was down on the mat, wrestling.

Everything that happens to Gable he takes as a positive. In junior high, he pleaded for new wrestling shoes, and when his parents got them for him, he promptly lost. "Let's see about gettin' him some ballet shoes," sniffed Katie. That really motivated Dan. When Diane, his sister, was murdered in the family home in Waterloo in 1964 by a neighborhood boy, Dan insisted the family remain in the house. "They took my sister from me," he said. "They're not going to take my home from me." That tragedy motivated him to excel - for Diane; it also taught him a practical lesson: "I never sleep far from my shotgun." Reflecting on the loss of his last college bout to Larry Owings, Gable says, "I feel like that made me stronger, a better person. I really started working harder." Often, in talking of his past, Gable will describe a setback, and then say, "So I redoubled my effort."

The thought of Gable redoubling his already prodigious efforts time and again makes one's eyes glaze.

It does seem that Gable was to the wrestling mat born. Mack says that two days after brought his firstborn home from the hospital, the baby was trying to bridge on his head. "Hey," Mack had said, "you're going to be a wrestler."

Gable's childhood in middle America was decent, ordinary - sort of like Waterloo itself. Little Dan would get out on the front lawn and pretend he was Mickey Mantle, pretend he was Jim Brown, pretend he was an Olympic swimmer - complete with flip turns through the air. He was, you won't be surprised to learn, intense about all this. "It was all so real to me," he says.

One day when Dan was in fourth grade, Diane had some friends over. He got to wrestling with the older boys and beat them. The flame was lit. Says Gable, "Athletes can see the end only when it's close to the end. That's how I was different. When I was in junior high, I could look ahead and see the Olympics. Most people can't stay motivated that long." Mack helped in the process; he installed a wrestling mat in the basement.

At West Junior High, Gable quarterbacked his football team to an undefeated year; he won a YMCA state swimming championship in the backstroke; he was a decent basketball player. But he quit all those sports when somebody told him that wrestling didn't mix with anything else. Says Gable, "The reason I was successful is I was naive. I believed older people. I believed them when they said I couldn't swim and wrestle. Now I know adults don't know everything, but I'm still glad I listened."

Gable's high school wrestling coach, Bob Siddens, says, "Dan never got stale because he always said, 'I can do better.' Nobody had to tell him to keep going." In a copy of a book about his wrestling career, Gable wrote the following inscription to Siddens: "I sincerely believe that in all the people I've been associated with, you have been the biggest factor in building my desire and attitude in wrestling."

Not that young Dan was always a model of perfection. Once, when he was four, he got in a department store elevator with his mother and instructed the operator, "Fifth floor, you bastard." Since that didn't happen to be the operator's name, some confusion ensued. Katie resolved the issue by stepping off on the third floor and

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leaving her son alone with his new friend. Boys will be boys.

The summer before Gable entered Iowa State, a top Cyclone wrestler, Bob Buzzard, decided to show Gable the difference between high school and college wrestling. "Little did I know," says Gable, "that he was going to be unmerciful." Mostly Gable kept bouncing off his head. He became furious, not to mention bloody, and stormed off the mat. "I contemplated quitting the sport," Gable says. "But then I told myself, 'No, this is never going to happen again. I will increase my intensity at every level.' Which, of course, he did.

In 1974, he met and married a Waterloo girl. Ahhh, yes, yes, her name is Kathy. "Sometimes Dan doesn't hear everything I say," she says patiently. "Perhaps he's got his mind on wrestling." Perhaps. The Gables have three children, all girls as it turns out, and Kathy says they are Jennifer, 6, Annie, 5, and Molly, 18 months. Dan agrees those are the names of his kids.

Worldly possessions don't motivate Gable. Moments after he was awarded the gold medal in Munich, it disappeared. Gable's parents were frantic but he shrugged it off: "It doesn't matter. I don't need no medal. I know I won it." Subsequently, the medal was located, in the rubble at the bottom of his gym bag. Until recently, Kathy had put the medal in a safe place in the basement whenever there was a tornado warning, and now Kathy does the same.

Nor does money qualify as a Gable god. He's making about \$80,000 a year in wrestling - in salary, money from his camps, en-

dorsements and so on. In March, Oklahoma State athletic director Myron Roderick offered him \$2.5 to \$3 million over 10 years to coach there, a wildly exorbitant offer in a sport in which \$5 is still considered a lot of money; the offer sort of died on the table. That's because Oklahoma State kept leaving messages but Gable didn't call back. "I just didn't have time to think about it," says Gable. "I'm thinking about the Olympics." Question: Would you have time to think about \$3 million?

Gable's wife wanted him to at least consider it, which prompted some hot words one night in a car en route to a high school sports banquet in nearby Manchester. Finally, Gable said, "Do you have enough money now to pay the bills?" Kathy, pouting: "Well, yes." Gable: "OK." Case dismissed.

Oklahoma State, to save face, tried to deny an offer had been made. But the wrestling world knew that if Gable said the offer had been proposed, then it had been proposed. Period. "If they didn't want me to talk about it," says the disgustingly honest Gable, "then they shouldn't have talked to me about it." In wrestling circles, the feeling is that if Gable ever should decide to leave the University of Iowa, no doubt, he would be able to develop a national championship team at any other school very quickly, within three to five years.

Late one night this spring, Gable was relaxing over a beer at his home 2 1/2 miles north of Iowa City. Outside, the moon lit up his 26 acres. When Gable does relax he has a beer. During the summer, he'll spend

a few hours fishing for walleyes up on the Mississippi. The rest of the time he recruits wrestlers, coaching wrestling, plans for wrestling, analyzes wrestling, dreams about wrestling. When he's not thinking about wrestling, he is wrestling.

"The Olympics," he's saying, "could be very exciting for wrestling and for America. I do have a knack for this sport, and I do know total effort. The way to go is the hardest way. But maybe the athletes aren't as excited about the Olympics as I am. Maybe they're not like me." End

From Dan Gable...

From a recent letter from Dan Gable, he offers a brief message to RWN readers:

I feel it is very important for wrestlers and coaches to get along. Wrestlers and coaches should go out of their way to understand each other. It's like a finely tuned machine. If the machine's parts and timing are not precise, then the machine will break down, but if precise, then smooth sailing.

Best of luck to everyone this season!



Few would guess this "balding, bespectacled, baggy gray eminence" is America's most popular wrestler. No coach, outside of UCLA's John Wooden has dominated any sport as Gable has. Fabled to still be the "toughest, toughest, omeriest, meanest, best wrestler in the wrestling room, Gable has a complete lack of ego. "Whether I can whip them (his wrestlers) or can't is beside the point." In a message to readers, Gable says it's very important for wrestlers and coaches to get along, and work together like a precision machine.

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Greece Athena Tournament Results

91 pounds

1st & 2nd: Mark Regoord, Eastridge dec Dan Mier, Athena 8-2
3rd & 4th: Derek LaRock, Pal-Mac, def Jeff Tyding, Mooney

98

1st & 2nd: Sean Grainer, Athena def Tom Baird, Mooney
3rd & 4th: Scott Allen, PM, def Cleveland Evans, Franklin

105

1st & 2nd: Dennis Horton, PM dec Dan Goodison, Athena 11-2
3rd & 4th: Tom Guthrie, Eastridge, def Brian Chentosh, CC

112

1st & 2nd: Mark Roberts, PM pin Jim Konzal, Eastridge
3rd & 4th: Todd Bumbarger, CC def Aaron Gifford, Athena

119

1st & 2nd: Dean Goodison, Athena dec Chad Samson, PM 9-1
3rd & 4th: Warren Jones, CM def Brian Jeary, GO

126

1st & 2nd: Shad McDuff, PM, dec David Gonzales, Ath, 9-3
3rd & 4th: Lamar Floyd, Frank, def Ed Tydings, CM

132

1st & 2nd: Joe Freyn, PM def Tom O'Shea, CM
3rd & 4th: M Shoubroek, Ath, def Rob Hynes, Avon

138

1st & 2nd: Mark Taseff, East, dec Mark Rector, Ath 9-7
3rd & 4th: Jim Accardi, CC, def Mark Green, Frank

145

1st & 2nd: Hakan Dilek, East, dec Nedim Aksay, Ath 9-2
3rd & 4th: Vince Anderson, CC, def Paul Lane, GO

155

1st & 2nd: Jason Bovenzi, Ath, dec Zack Wert, PM 16-7
3rd & 4th: Jeff Frisk, CM def Judd Brown, East,

167

1st & 2nd: Paul Manning, Ath dec Chris France, PM 20-9
3rd & 4th: Ron Fenner, GO, def Dave Zastrow, CM

177

1st & 2nd: Tony Ricci, GO, def Matt DePoint, CC
3rd & 4th: M Wichtowski, East, def M Gross, Ath

215

1st & 2nd: Andy Bulz, GO, def Jason Clarca, East,
3rd & 4th: Andy Waters, PM, def Len Pizzi, CM

UNL

1st & 2nd: Sherman Turner, GO, def Ron Schommer, PM
3rd & 4th: G Stenshorn, East, def Brian Legler, CM

Thanks to Coach Vito for sending in these results! You other coaches who sponsored tournaments, mail me your results!!!

Florida Girl is National Age Group Champ

In the past, there have been a few cases of girls competing in the sport of wrestling. Not many have equaled the success of Trisha Zimmerman of Lehigh Acres, Florida. Last spring, Trish won the Southeast Regional freestyle championship at 90 pounds in the 12 and younger age group. Last year, she was an age group state champion.

Trish has been wrestling for over five years. She competes for the Taylor Razorbacks Wrestling Club, coached by Larry Biddle and Terry Skates. Her older brother Jeff, 15 years old, is on the Riverdale High School team and Derek, her 9 year old brother, is also on the club.

This year Trish compiled a 22-1 record and was captain and most valuable wrestler on the club. She wants to continue to wrestle through high school, but is not sure. Says Star Doran, her mother, "She loves it. Every year when they say practice she goes right at it. So far, the boys have supported Trish's wrestling. They look at her as an athlete, not as a girl."

According to Bob Dellinger of the National Wrestling Hall of Fame, Trish is not the only age group female champ. In the late 1970's, Patricia McNaughton of Michigan won two age group titles. One of her finals win was over her own brother! Talk about an injured male ego...



Profile: Joel Lamson Former State Champ now at IC

by Scott Justice

Joel Lamson is the captain of this year's Bomber wrestling team. A Phys Ed major, Lamson is competing in his third season.

Lamson, a graduate of Waterloo, won the Section 5 Class B tournament four times, placed first in the Supersectionals, and was New York state champ his senior year. He also competed on the golf team and was a running back for the football team.

After redshirting his freshman year at Ithaca, Lamson wrestled at 134 pounds, compiled a record of 26-11, and placed 7th in the New York state meet. Last season, Joel won the Cornell Open, RIT Invitational, and Eastern Regionals at 126 pounds. He earned All State honors with a third place finish and had a record of 33-7.

Lamson says that winning the Eastern regionals was the highlight of his season last year. He broke the season record for take-downs in dual meets with 56. "I had a good year, but was disappointed that I didn't place at the nationals," he said.

Joel's matches are rarely dull. As a skilled technician, he is able to keep his matches moving. He also faces a stiff challenge each practice when he tangles with former NCAA champ and Bomber assistant coach, Dave Auble. Auble's tutoring helped Lamson last year and will help him toward his goal of winning an NCAA title.

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Please send photos, articles on high school wrestlers, dual meet and tournament results, letters, subscriptions, college highlights, profiles, results, etc.!!!



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