

The Clarion Takedown

Team Happening

Upcoming Events:

- **Blue-Gold Match @ Tippin**
11/13/09 6:00 p.m
- **Half-Time hotdog eating contest sponsored by Daddy's Main Street**
- **3rd Annual Coach's Clinic @ Tippin**
11/13-11/14 3:30 p.m

• At Keystone Elementary School, Cameron Moran, Jay Ivanco, Mike Switzer, Clint Podish, Dean Moffo, Zach Oberlander and the coaches visited 40 kids between 1st and 6th grade. They taught wrestling techniques and helped interest kids in the local wrestling program. They are going back to help again this week.

• Last week Bryan Smith, Alex Thomas, Josh Sadler and Trey Hicks helped out a local man, Charlie Ruslavage by raking his leaves. Mr. Ruslavage and his wife were in a very bad car accident 2 weeks ago and were very grateful for the help.

• Last week James Fleming and Nick Milano volunteered their time at the women's volleyball game. Alex Thomas and Dylan Smith worked their 1st round play-off game on November 10th.

• The Pin Club members will be hosting a social after the Blue-Gold Match on Friday, November 13th. It will be located in Tippin Gym and snacks will be provided.

• The Knight Point Open and the Clarion Classic

were very successful tournaments this past weekend. More detailed information is on page 3.

• Clarion Wrestling is teaming up with Phi Mu Alpha fraternity and hosting a canned food drive for the local food shelter! November 13th's Blue/Gold



Coaches Corner

After our first competition I'm happy to say that we had our best start in the last 4 years here at Clarion. We had 9 athletes place in the top 6 this past weekend, including some delightful surprises. By weight order, freshman Joe Waltko wrestled some excited matches, ending the day in 4th place at 125. He lost two close bouts to a wrestler from Pitt, so he will have to settle that score later this year. At 133, Jay Ivanco suffered a disappointing semi-final loss to a wrestler from Army. Although Jay was pinned in that match, he recovered and battled back for a 4th place finish. Greg Lewis had a long day in the tournament's largest weight class (149#), dropping a tough semi-final match to the assistant coach from American International. Greg recovered, but unfortunately lost two more hard-fought bouts to finish 6th. Hadley Harrison had one of the most exciting bouts of the day in

his semi-final match with American University's 157# starter. After wrestling through several great scramble positions, Hadley ended up losing in overtime. However, he showed his true grit as he wrestled back to earn a 3rd place finish. At 165, newcomer Nick Milano took 2nd place to a returning All-American from Bucknell, Andy Rendos. Nick battled past a number of great opponents in his career debut for us and has high hopes for this season. At 174, Steven Cressley finished 5th. He suffered a cut on his cheekbone but it did not hold him back from wrestling his best tournament since his arrival at Clarion last year. Clint Podish finish 2nd at 184, losing a close finals bout 2-0. He immediately said he learned from the loss and will become better because of it. Clint notched a significant milestone on the day when he placed above lifelong rival Rob Waltko of Bucknell. Clint's dedication and work

ethic has allowed him to take this step and he will continue to make Clarion fans proud. Alex Thomas dropped his first bout to a 2x NCAA qualifier from Army, but then battled back, reeling off 5 straight wins to take 3rd place at 197. Along the way, he defeated Pitt's sophomore returning starter, showing that this freshman will represent us well. At HWT, Quintas McCorkle also battled to a 3rd place finish. "Q" had one win last season but notched 4 victories on Saturday, showing that his summer workouts and year-round dedication will take him to new heights.

Next, we see intrasquad action at the Blue/Gold Match this Friday. This is great preparation as we travel to Cornell University next week for the prestigious Body Bar Invitational Tournament. Keep us in your thoughts as we train to set new standards and accomplish national goals!



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Alumni Spotlight: Jim Herbert

Wrestled at Clarion:

1975-78

Where is he now?

Jim Herbert now owns his own construction company, JJ Herbert & Sons. His company remodels and reconstructs homes throughout the Butler County, North Hills and Sewickley Heights areas.

Jim loves spending his free time outdoors. Anything he

can do under blue skies and sunshine, he enjoys. Golf, fishing, and boating are a few of his favorites.

If you would like to further contact him:

jjherbert@consolidated.net

Check out his company online!



Jim's Family:

Jim's son Jake recently finished a stellar career at Northwestern University.

Jake was named the Hodge Award Winner as 2008-09's most dominate college wrestler. Jake followed up his NCAA championship and Hodge award with a Silver medal at the World Championships last month.

Jim taught Jake everything he knows!

Player Spotlight: Greg Lewis

Q1. Where are you from?

A: Southern Lancaster County in Pennsylvania.

Q2. Studies at CU?

A: I study communications.

Q3. Plans after graduation?

A: I would like to work for a public relations firm or work in some sort of PR for health care companies.

Q4. Favorite color?

A: Blue, no yellow.... I'm slightly colorblind.

Q5. Favorite food? Drink?

A: Venison is very good, but I think I like ribs the best. Milk or milkshakes are my favorite drink.

Q6. Favorite T.V show?

A: Dirty Jobs is cool, but I love the Travel Channel and Food Network the best.

Q7. What do you do on the weekends or when you are not wrestling?

A: Lately I have been hunting, but I would say traveling home to see my family.

Q8. Song or artist that gets you pumped before a big match?

A: AC/DC Thunderstruck

Q9. Is there a routine you go through before a match?

A: I warm up and visualize my match.

Q10. If you could travel anywhere, where would it be?

A: I would really like to go to Europe. But I think the coolest place to visit would be Australia.

Q11. Something about you that not many people know about?

A: I really like cooking and learning how to prepare different foods. I will eat almost anything.

Q13. Who are the people you

look up to the most and why?

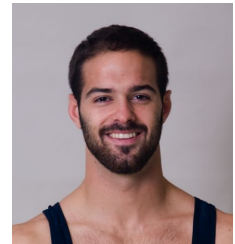
A: I look up to my Dad a lot, because he is smart and successful, while also remaining humble. He's pretty much the man.

Q14. If you could have one super power, what would it be?

A: Super speed would be pretty cool.

Q15. Any movie coming out that you would like to see?

A: Ironman II comes out in may of 2010.



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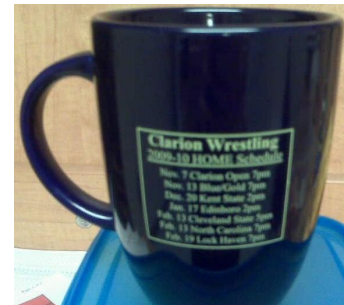
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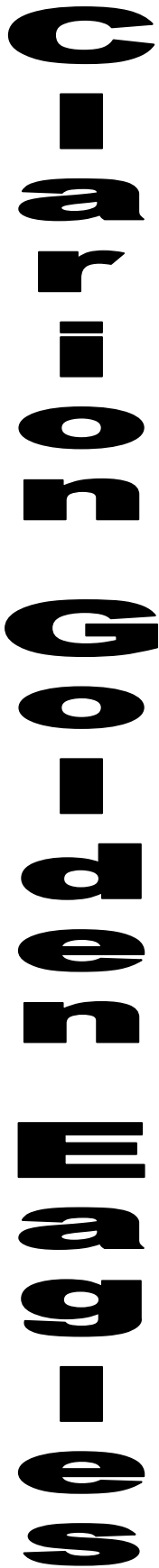
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Lemonade: 10¢

The Clarion Wrestling Family grew a lot of the past weekend. We took on a large task of hosting the Knight Point Clarion Open on Saturday and following it up with a high school open hosted by the Pin Club on Sunday. Part of the tournament preparation was that the brackets would be run by a computer software management company from Ohio. On Friday when the setup began, everything looked like it was going to come together well. Dollamur Sports Surfaces had come on board to help by donating 5 of their easy-to-move competition mats for our event. Their truck arrived and in no time at all we had 10 wrestling mats down on the floor of the Student Rec Center. Shortly after our completion of the mat setup, the company helping us with the brackets set each table up with a laptop and a 17" monitor so the score and time would be visible to the wrestlers, coaches and fans. When their wires were laid and the computers were turned on it looked like the only thing we had left was weigh-ins and wrestling on Saturday.

Tournament day started early with volunteers arriving at the Rec Center at 5:45am. We prepared for skin checks and weigh-ins and made last minute preparations. Everything was in order! When the wrestlers and coaches began to arrive, registration and check-in went smoothly. Wrestlers dropped the last bit of weight as Jim Thornton and Jack Davis took care of skin checks and weigh-ins respectively. Again, everything seemed to be going fine. As weigh-ins came to close and the paperwork was transferred for bracketing, we started to see some problems with the bracketing software. Starting time was 9am, but it wasn't until 10:25 that action commenced and we heard the sound of whistles blowing. Not long into the competition, we realized that some weight classes were being called back up to new mats shortly after completion of their first round matches.

The problem was addressed and after wrestling 2 rounds of competition a decision was made to take a 15-minute break to fix the flaw in the

bracketing. When wrestling started again we began to see that the problem had not been fixed and the computer system was not running weight classes in succession. This led to a number of on deck and wrestleback issues that had to be addressed off the computer system.

Clarion Wrestling came together! Without notice, all available hands began to assist with bracketing to see that matches were completed in the proper order. It made the wrestling staff very proud to see our family perform so well under pressure. Sondra Christ, team manager, took control at the head table to assist in proper bout orders. Sarah Gibson and Mary Moore began relaying messages from the competition floor to the head table. Kyle Smith assisted in relaying problems from the floor to head table while making announcements over the loud speaker.

Volunteer table workers patently waited for bout sheets to arrive and continued working their stations, keeping the scores and times for matches with the execution of experienced NCAA table workers. At times, a table would experience 5 or 10 minutes of down time because of bracketing issues, but our group kept things moving and the Clarion Wrestling Family was looking stronger than ever.

Tom Steiner kept referees, coaches, wrestlers and fans fueled all day long at the concession stand. He and Sheryl Riesmeyer even had to make some extra food runs during the day to keep the concessions stocked and people fed. His experience helped keep the group of eager fans and wrestlers at bay until bout orders and numbers could be posted. His time and effort really helped keep the day together.

The coaching staff stayed busy overseeing our athletes on the 10 mats. From the end of one bout to the start of another we zipped back and forth across the gym all day long. As the 1st, 3rd and 5th

place bout were being paired, our crew of wives, volunteers, and even team members pulled together to make a potentially disastrous situation a success.

When I sat down at the end of day I was able to see the Clarion Wrestling Family for what it is. We are a collection of coaches, athletes, parents, wives, girlfriends and supporters that are willing to sacrifice for the greater good of this program. Although the computer system failure was out of our control, we came together as a family to make it work and it brought a smile to our faces to see what was accomplished.

At 8pm the Rec Center was close to being cleaned up in anticipation for day two, the high school open. Some of those that made sure the college tournament was a success went out to dinner late on Saturday to build a plan for Sunday's tournament. I had to fire the company we had hired to run our tournament, and now we had almost 100 high school wrestlers arriving in a matter of hours! We were not prepared for the details that may come with the challenge. We had to gather score clocks and draw up brackets and bout sheets so that we could run the tournament the old fashioned way . . . by hand.

Jack Davis, Ethan Bosch and his father, Jim and Sarah Gibson, Jon Oplinger, Justin Kuzemka and his father, Kyle Smith, Mary Moore, Sondra Christ, Meagan Grau, and Lisa Kerle all went to Eat 'n' Park to refuel and figure out how we were going to get through Sunday. Jack Davis' 35 years of experience in coaching and tournament directing came through. We devised a plan, delegated jobs, and prepared for the arrival of wrestlers and coaches. At 5:30 Sunday morning, we began to assemble at the Rec Center. Skin checks and weigh-ins would begin at

Lemonade: 10¢

(continued)

7am. As the wrestlers began to arrive everyone knew their job and began to take action. By 9am brackets were prepared and action was about to begin. Looking like a well-oiled machine, the tournament went off without a hitch. The Clarion wrestlers who had competed the day before became table workers as the experienced bracket personnel prepared bout sheets and called wrestlers on deck.

At 1pm we were finishing the final bouts and preparing to begin the cleanup of the Rec Center. The table workers, "bracket masters", table workers and volunteers made quick work of the 10 mats. Everything returned to normal at the Rec Center - wrestling mats were removed, floors were cleaned, and garbage was cleared from sight. The Clarion Wrestling Family had accomplished its goal of hosting 2 tournaments in 1 weekend, and we did it by working together. It made me proud to see what was accomplished. I'm not sure we could have done this just 4 short years ago but as our Family has grown, so has our ability to overcome obstacles. Our athletes are overcoming obstacles on the mat to achieve new goals and this Family is leading by example. Thank you, all of you that helped make this weekend a great success. We were given lemons on Saturday morning and had made Lemonade by Sunday night!

Knight Point Tournament Results

125

1. Penhale (Army)
2. Langel (Rutgers)
3. Zanetta (Pittsburgh)
4. Waltko (Clarion)
5. Hyatt (Lock Haven)
6. Communale (Princeton)

133

1. Thome (Army)
2. Williams (American)
3. Bucha (Franklin and Marshall)
4. Ivanco (Clarion)
5. Omally (Maryland)
6. Sanson (Washington and Jefferson)

141

1. Nauman (Pittsburgh)
2. Johnson (Pittsburgh)
3. Hancock (Bucknell)
4. Bogusz (Maryland)
5. Healy (Bison WC)
6. Harrison (McKean)

149

1. LeValley (Bucknell)
2. Hilton (American International)
3. Napoli (Lehigh)
4. Welsh (Lehigh)
5. Rosser (Penn State-Dubois)
6. Lewis (Clarion)

157

1. Fittery (American)
2. Volrath (Penn State)
3. Harrison (Clarion)
4. Hooks (Bucknell)
5. Busler (Bloomsburg)
6. Marchetti (Army)

165

1. Rendos (Bucknell)
2. Milano (Clarion)
3. Schmelyun (Bloomsburg)
4. Counterman (Pittsburgh)
5. Harrison (Swagger WC)
6. Sorrentino (American)

174

1. Headley (Pittsburgh)
2. Harrison (Juicy Fruit WC, AZ)
3. Riccio (Bucknell)
4. Sheehan (Buffalo)
5. Cressley (Clarion)
6. Seldenburg (Rutgers)

184

1. Thompson (Bison WC, OH)
2. Podish (Clarion)
3. Waltko (Bucknell)
4. Bailey (Lehigh)
5. Stanley (Army)
6. Pagnotta (Rutgers)

197

1. Starks (Army)
2. Hunte (Pittsburgh)
3. Thomas (Clarion)
4. Wilps (Pittsburgh)
5. Macchiaroli (Penn State)
6. Ely (Franklin and Marshall)

285

1. Craig (Lock Haven)
2. Grant (American)
3. McCorkle (Clarion)
4. Turner (Lock Haven)
5. Nickoli (Pittsburgh)
6. Mosher (Penn State-Dubois)