

Go team!!...Coach Listerman and the rest of the wrestling team show their support for a fellow team member before the beginning of a match.

All For One and One For All!

Discipline was the key element for the wrestling team. This sport requires strength, mentally and physically. At times, winning a match came down to a mind over matter situation. According to varsity coach Gary Listermann, wrestling demands a tremendous amount of concentration. "If the player mentally lapsed for a split second, then he could end up on his back," said Listermann.

Most of the wrestlers agreed with Listermann that it was mandatory to maintain a great deal of mental discipline. "It's very stressful. There is a lot of pressure placed on the individual that can effect how one wrestles," added junior Luke Whitehead who led the varsity team with 11 pins and placed first in the Sycamore Invitational.

At the Greater Miami Conference tournament, juniors Andy Dale, Luke Whitehead, and Roy Poynter and along with sophomores Randy Rust and Adam Cohen all placed fourth. Placing third was senior Mik Fridley and freshman Brandon Collier. The overall dual meet record was 6-3.

"Wrestling is a demanding sport and it requires hard work and dedication. I ask a lot of my wrestlers," said Listermann. When questioned what the coaches sought most from the players, junior Roy Poynter resounded, "The only thing they ask of us is to give 110%!"

Coach Reed Chacksfield of the junior varsity wrestling team felt that the keys to a good wrestler were overall mental and physical fitness. He believed that the Purcell Marian Invitational showed this and accentuated the junior varsity team's caliber. "We ended up placing seventh out of fourteen teams," said Chacksfield. "Seven wrestlers even made it to the consolation finals. I was extremely pleased with the effort involved. There was a lot of stiff competition".

Junior Ryan Blackmore beat the first and second seeded wrestlers in the 135 lb. weight class to take first

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place. Doug Brock, also a junior, placed third in the 145 lb. weight class.

The junior varsity wrestling team ended the season with 7 wins, 1 tie and 2 losses.

Finally, the freshman wrestling team ended its season with a 10-0 record. The intense drilling and conditioning, which was part of each two hour practice, contributed to the team's success.

Coach Doug Fridley explained that to become a wrestler one needs heart and discipline. Balance, strength, speed, agility, flexibility, dedication, and a great mental attitude are also important. Fridley said, "We stress discipline in their attitudes on and off the mat." Freshman Jimmy Weeks believed that work in practices led the team to a winning season.

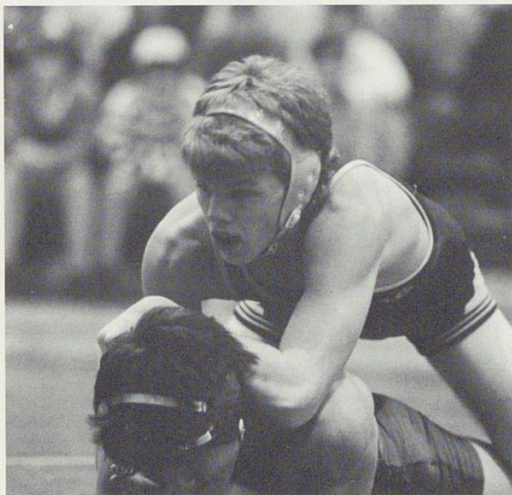
Coach Fridley and Weeks said St. Xavier and Fairfield were two outstanding matches. "St. Xavier was exciting because we finished just a half a point behind in the tournament the week before the match and Fairfield because it has been over six years since we've beaten them, and their varsity team was number 1 in the city," explained Fridley.

Weeks commented, "Before our match against Fairfield our coaches did not really think we could win, but our team, as a whole, wrestled harder than ever, and came out the winners."

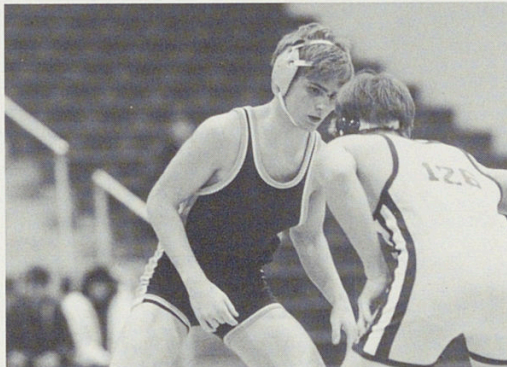
Weeks and Brooke Miller were two of the 23 wrestlers who stood out for their accomplishments. Weeks won 15 on 16 matches, took first place at the Northwest and Bridgetown Invitationals, and second place at the Purcell Marian Tournament. Miller was undefeated until he broke his ankle. He had six wins and placed first at the Purcell Marian Tournament.

The year's success was not due to any one factor or wrestler. Working hard in practice, becoming more disciplined, and working as a team helped obtain the undefeated season. Fridley said, "The kids practiced as a team, wrestled as a team, and won as a team. This accounts for the team's overall success."

by Deb Bebout & Shelley Tekulve & Stacie Smith



Is he pinned?...Junior Andy Dale, on home territory, puts all of his efforts into pinning his opponent.



Finding the perfect strategy...Watching his opponent's every move, Jim Weeks, a freshman, gets ready to attack.

Uhhh!!...Roy Poynter shows his superior tactics during a home match against the Moeller Crusaders.

