

(149), Kevin Cunningham (157), David Watts (157), Joey Wilson (165), Ryan Nelson (165), Josh Esparza (174), Nick Giaccia (174), Stephan Hampton (184), Rory McBryde (184), Brian Herrera (184), and John Thurston (285). Two top-notch incoming freshmen are California state runner-ups Conrad Snell (141) and Kyle West (149).

**UNC GREENSBORO** – Head Coach Jason Loukides begins his fourth season at the helm of the Spartans wrestling program. Leading the way this season are NCAA qualifiers Byron Sigmon (174) and Mikal McKee (184) and Southern Conference placers Mitchell Johnson (125), Andrew Saunders (157), and Victor Hojilla (165). Additional support could come from returning team members Robert Gribschaw (125), Casey Boyle (133), Angel Garcia (133), Matt Barbo (141), Ivan Lopouchanski (149), Rich Bushby (149), Travis Sheehy (157), Brett Miller (174), Ryan Sughrue (184), Jeremy Cannon (197), and Peter Sturgeon (285). Six excellent incoming freshmen are three-time Florida state champion Eric Chandler (133), North Carolina state champion Brandon Hodges (133), Ohio state placer Marc Bryan (174), Florida state champions Caylor Williams (197) and Widler Rislin (285), and two-time Massachusetts state champion Michael Gregory (285).

**VIRGINIA TECH** – A new era in Virginia Tech wrestling began three seasons ago when former NCAA champion Kevin Dresser was named the Hokies new wrestling coach. He and Associate Head Coach Tony Robie have put together three consecutive outstanding recruiting classes and have the program on the fast track to national prominence. Three-time Texas state champion Eric Spjut (133) and two-time Virginia state champion Andrew Clement (174) highlight the exciting recruiting class. Other possible future stars include Ohio state champion Brian Stephens (141), National Prep Championships placers Jonathan Carpenter (141) and Justin Armstrong (165), three-time Georgia state champion Taylor Knapp (157), five-time Alabama state champion Hayden Countryman (157), Virginia state placers Chris Penny (197), and Drew McGraw (197), and two-time Virginia state champion Andrew Miller (285). Leading the list of returning wrestlers are NCAA qualifiers Jarrod Garnett (125), Chris Diaz (141), Peter Yates (149), Jesse Dong (157), Matt Epperly (165), Anthony Trongone (174), Thomas Spellman (184), D.J. Bruce (197), and David Marone (285). Three other returnees to watch are Brock Livorio (133), Matt Rosen (149), and Nick Murray (149).

**WEST VIRGINIA** – Head Coach Craig Turnbull has brought the Mountaineer wrestling program to national prominence since he took over the program in 1979. Over the last 31 seasons, Turnbull's wrestlers have been fixtures at

the NCAA Championships as he has honed the skills of 18 individuals who have earned 26 All-American honors, including NCAA champions Scott Collins (1991), Dean Morrison (1994), and Greg Jones (2002-2003-2005). Two-time All-American Brandon Rader (141) leads the list of returnees which also includes NCAA qualifiers Ryan Goodman (157), Donnie Jones (165), and Chance Litton (174). Another solid All-American candidate is 2006 Pennsylvania state champion Colin Johnston (133). Other returning team members looking to provide some big wins include Mike Rowe (149), Mark Tsiderdanos (149), Matt Ryan (184), Kyle Rooney (197), and Justin Haines (285). An exceptional transfer student is 2008 National Junior College champion Brandon Williamson (285). Five high-profile incoming freshmen are three-time Pennsylvania state champion Shane Young (125), New Jersey state runner-up Anthony Curcio (133), Pennsylvania state runner-up Nathan Pennesi (133), New Jersey state champion Mac Mancuso (184), and three-time West Virginia state champion Cameron Gallagher (197).

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1.



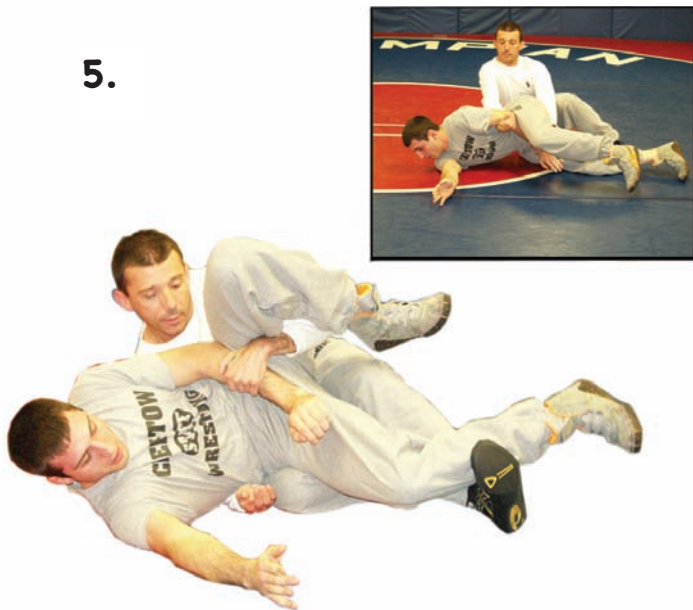
1. Secure the Cross Wrist tightly and position your hand between your opponent's legs, do not reach through his crotch and grab his arm at this point, as it will make rotating to the side more difficult and will alert your opponent as to your intentions.

2.



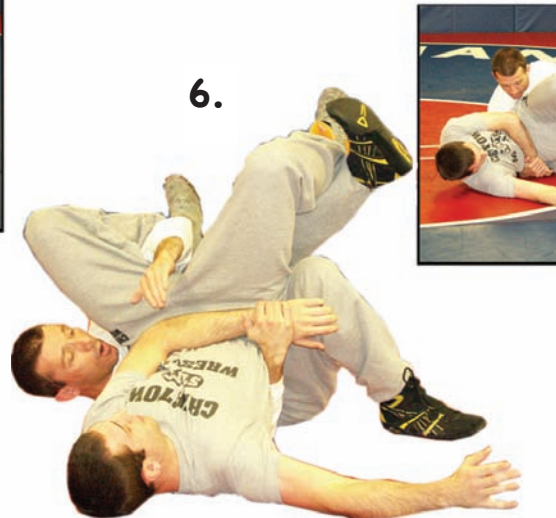
2. To roll you will turn into your opponent and look into his waist as you high leg your right leg to create momentum and pull his wrist to bring him over you.

5.



5. After you earn three near fall points you have two options; the first is to transition into another tilt. As he turns away from you release his wrist and allow him to turn to his side. The hand that was on the wrist hooks his elbow and you have a Churella.

6.



6. The other option you have is to release the forearm with your left hand and drop your hand to the inside of his right thigh to set up a Turk.

# Cross Wrist Roll



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The Cross Wrist Roll, or the Clemson Roll as it was originally known, is a highly effective tilt that often leads to a second tilt for additional back points or a Turk.

3.



3. As he is going over you will grab his forearm with your left hand; it is essential that you quickly pivot your body so you are perpendicular and stop his momentum and block him from rolling through.

4.



4. Clamp tightly on the forearm and keep your knee pointed to the ceiling as you elevate his leg, hold this position as you work to secure back points.

7.



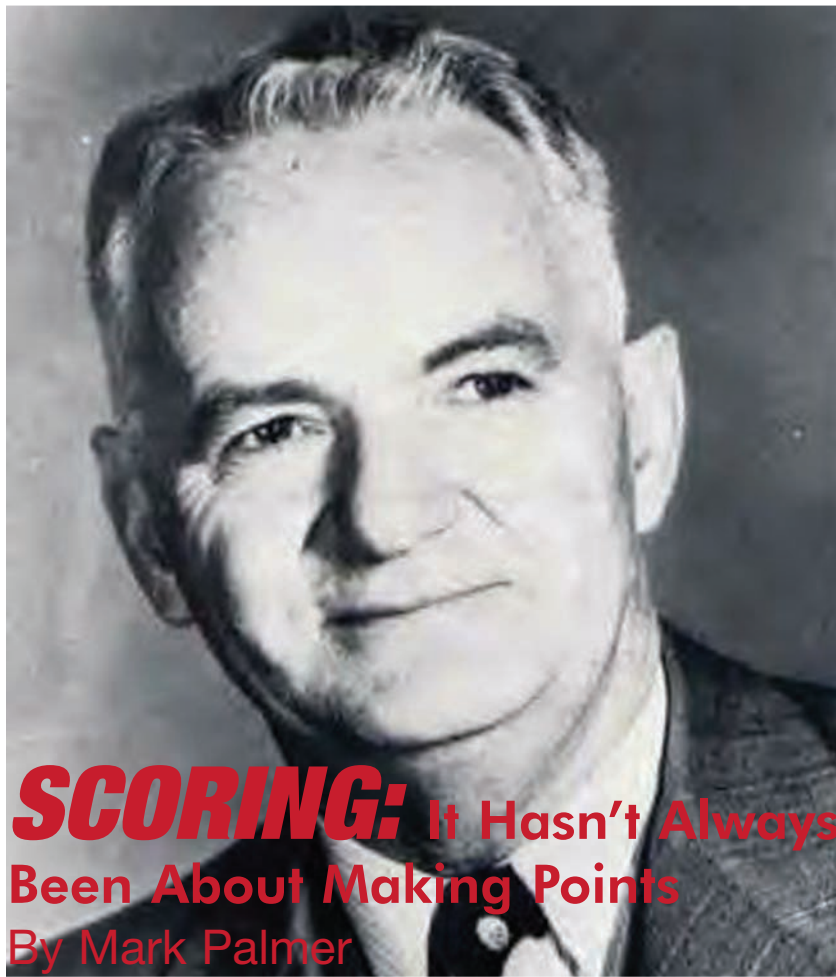
7. As he turns away from you lift his thigh as you pull on the wrist you are still maintaining.

8.



8. Slip in your leg turk and finish your turk by elevating his leg and covering his face.

## Where Are They Now?



### **SCORING:** It Hasn't Always Been About Making Points

By Mark Palmer



*Above:* Indiana University's Chris Traicoff won the 175-pound title, upsetting heavily favored Henry Wittenberg of CCNY in the finals. Photo: 1939 Arbutus yearbook.

*Left:* Art Griffith is considered to be the father of today's point-based scoring system, having introduced a similar system in Oklahoma high school wrestling as head coach at Tulsa Central before presenting the idea to the NCAA Wrestling Committee in 1940.

**“H**ey, ref! Are you blind? That was a takedown!”  
“Geez, I wish they would call stalling! This match feels like it’s been going on forever!”  
Today’s wrestlers, coaches and fans might complain about how wrestling matches are scored – or, sometimes, NOT scored. But – imagine a world where there was no point-scoring system in high school or college wrestling.  
And, imagine an amateur wrestling match that’s ten minutes long in regulation... with the possibility of two three-minute extra (overtime) periods. That’s up to 16 minutes of wrestling – in one match!  
Sounds crazy? Well, in the 1920s and 30s, that was the way things were in U.S. folkstyle wrestling.  
Let’s take a look at how the rules governing match length – and how winners were determined – has evolved in the first decade or so of the NCAA championships.  
At the 1928 NAAs – the first championships organized by the National Collegiate Athletic Association – an individual bout was ten minutes. But it wasn’t that simple. If a takedown was scored in the first two minutes, it became ten minutes of non-stop wrestling. If there was no takedown or fall in those opening two minutes, the remaining minutes were divided into two four-minute periods, each starting in the referee’s position, with each wrestler having the opportunity to start in the top position one period. Now, if one wrestler secures a fall in that first four-minute period, his opponent has the chance to win the match by trying to get a pin in even less time. (Sounds complicated, doesn’t it?)  
Now, if no winner can be determined after ten minutes, there can be two three-minute overtime periods, both starting in the referees position.  
How did a wrestler gain victory? Not by points. A wrestler had to win by fall – putting his opponent’s shoulders to the mat for a full three seconds – or by what was called “time advantage” where he was in control of his opponent with a riding time advantage of at least one minute... as long as he “shows greater wrestling ability and aggressiveness,” to quote the rules of 80 years ago.