



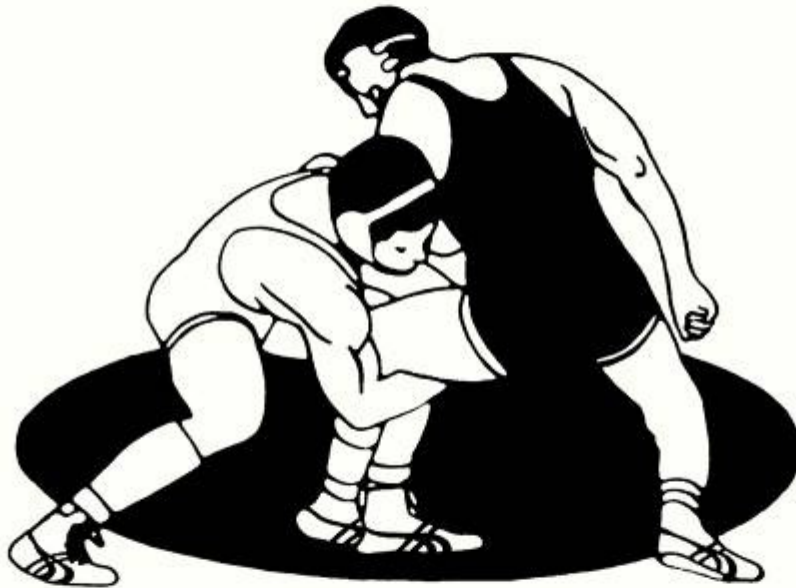
PORTLAND WRESTLING

2010-2011 Team Program

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REMEMBERING GARRETT CORMIER

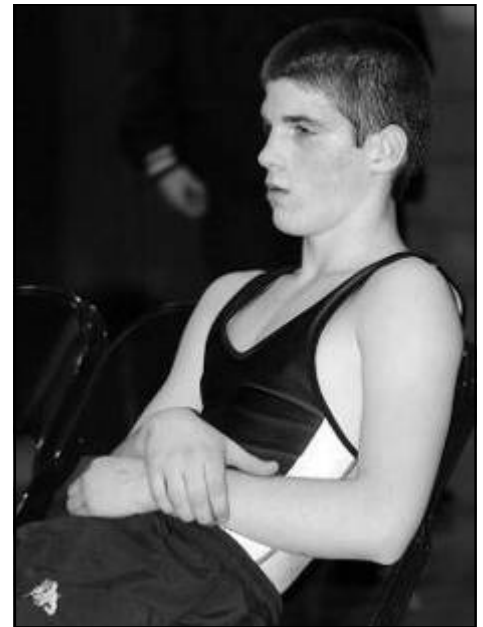
The Portland wrestling community lost a friend and teammate this past summer when Garrett Cormier, age 16, passed away in an automobile accident.

Garrett, who had just finished his sophomore year, was a member of the Portland High School wrestling team, formerly wrestled on the Portland Middle School team, and frequently made time to work with members of the Portland Youth wrestling team.

Garrett was a fearless competitor on the mat. He approached every match with an intensity and drive that made his love of the sport obvious to all who watched. Garrett had many other wonderful qualities as well. His loyalty to his brother, Patrick, and other teammates will be missed. So will his wonderful sense of humor and caring personality that made him especially popular among our youth wrestlers.

Garrett will be missed by everyone involved with Portland wrestling and remembered fondly as we strive to become better wrestlers, teammates, and members of the community. His memory will help us approach every match with more intensity, personal relationships with more caring, and difficult situations with a sense of humor.

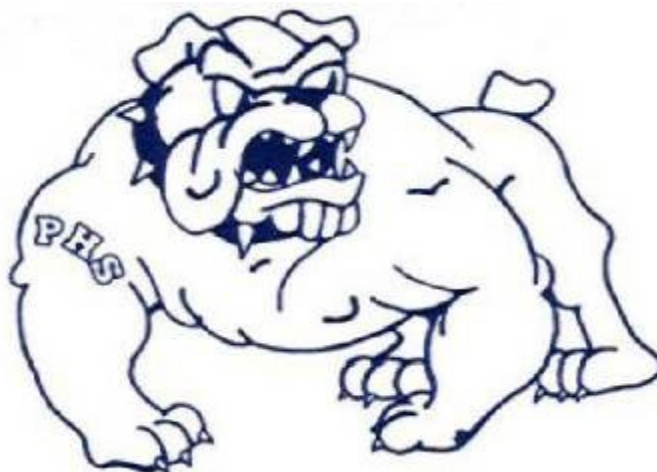
The members of the team have dedicated their efforts this season to the memory of their brother, friend and teammate, as shown by the black bands adorning the shoulder strap of their singlets.





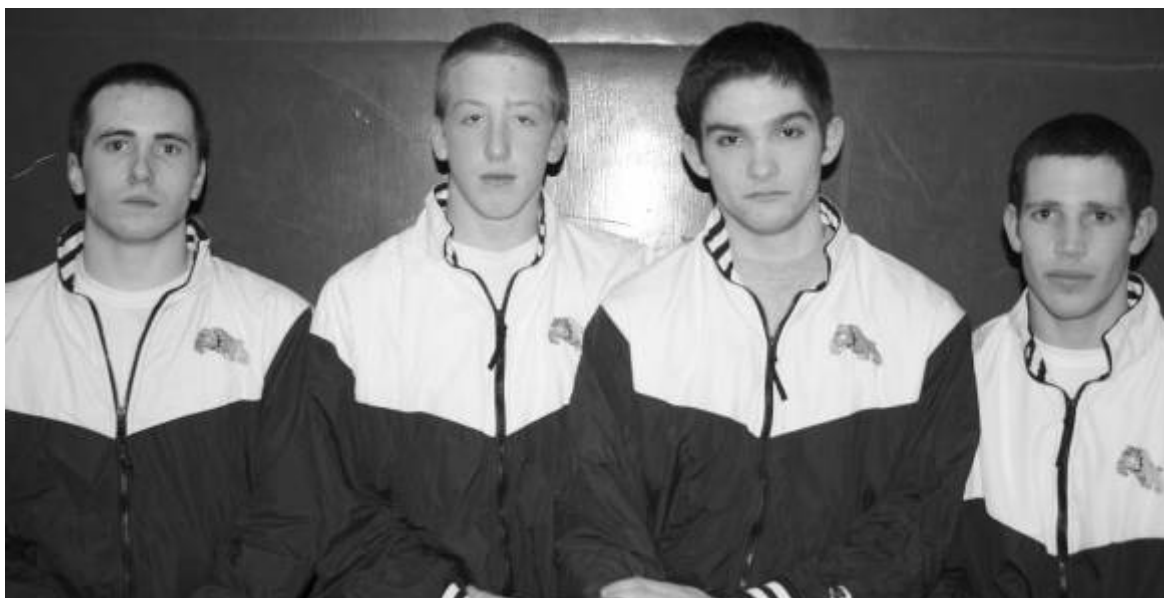
**Best of luck to the 2010-2011
Portland Wrestling Team!**

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SEASON SCHEDULE

<u>TIME</u>	<u>DATE</u>	<u>AT</u>	<u>OPPONENT</u>
9:30 am	12/11/10	@	York Sullivan Duals
6:30 pm	12/15/10	@	Cheverus
1:00 pm	12/18/10	H	Deering & Scarborough
10:00 am	12/30/10	H	Windham
5:30 pm	1/5/11	H	Westbrook and Kennebunk
3:30 pm	1/7/11	@	Redskin Invitational
8:30 am	1/8/11	@	Redskin Invitational
6:00 pm	1/12/11	@	Marshwood, Windham
10:00 am	1/17/11	@	Windham
TBA	1/19/11	@	Bonny Eagle
TBA	1/22/11	@	(Marshwood) S. Maine Classic
5:30 pm	1/26/11	H	Biddeford and Marshwood
10:00 am	1/29/11	@	Sanford w/Noble w/Massabesic
TBA	2/5/11	@	Noble - Regional Tournament
TBA	2/12/11	@	Augusta - State Championships



Seniors: Fred Huber, Evan Michalski, Pat Cormier, and Lenny Schwartz

TEAM ROSTER

NAME	WEIGHT CLASS	GRADE
MATTHEW OSMAN	103	9
SAMSON MARTIN	125	9
ABRAM MARR	140	9
JAKE FOGEL	189	9
JACK CAROLL	119	9
KONNOR SAUNDERS	171	9
KIDAYER ALJUBYLY	112	9
MAX HELLER	152	10
MALCOLM HENRY	160	10
CODY BROWN-MEEHAN	119	10
FANGEN THOMPSON	119	10
ANDREW SCHWARTZ	130	11
NATE PORTER	285	11
HUGH CARROLL	140	11
JACOB BIGELOW	215	11
EVAN MICHALSKI	135	12
FRED HUBER	140	12
PAT CORMIER CO-CAPTAIN	145	12
LENNY SCHWARTZ CO-CAPTAIN	130	12



SENIORS



PATRICK CORMIER: To me, this season is about gaining respect and putting Portland High School Wrestling on the map.

“Respect is not given, you have got to take it.” — Brian Dawkins



FRED HUBER : Wrestling has made me who I am. It made me push through the pain to better myself and my team.



EVAN MICHALSKI: Wrestling, to me, is about more than just winning and losing matches. Wrestling is about will power and putting all of your effort toward accomplishing your goals. It’s six minutes of everything you have against everything your opponent has. So, the work ethic you develop is incomparable to any other sport.



LENNY SCHWARTZ: Dan Gable said, “Once you have wrestled, everything else in life is easy.” To me, truer words could not have been spoken. Wrestling is, hands down, the most grueling and intense activity I have ever participated in. However, I have come to love wrestling and the confidence and strength it has given me in all other aspects of my life.

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GO BULLDOGS!!!



WRESTLING RULES

The object of the sport of wrestling is to put your opponent on his back to pin your opponent. A pin (or fall) is when you put your opponent on his back with any part of both shoulders or shoulder blades in contact with the mat for two seconds. When you pin your opponent, the match is over and you are the winner.

If nobody gets pinned, the winner is the wrestler who has scored the most points during the match. There are five ways to score points in the match:



1. Takedown - (2 points) You score two points for taking your opponent down to the mat and controlling him/her.
2. Escape - (1 point) You score one point for getting away or getting to a neutral position when your opponent has you down on the mat.
3. Reversal - (2 points) You score two points when your opponent has you down on the mat, and you come from underneath and gain control of your opponent.
4. Near Fall (Back Points) - (2 or 3 points) You get near fall points when you almost but do not quite get your opponent pinned. A near fall (near pin) is when...
 - both shoulders are held for two seconds within four inches of the mat, or...
 - one shoulder touches the mat and the other shoulder is at a 45-degree angle coming down to the mat, or...
 - the wrestler is held in a high bridge or back on both elbows.
 - If a near fall lasts for two seconds, you get two points. If a near fall lasts for five seconds, you get three points.
5. Penalty Points - (1 or 2 points) Your opponent is awarded points if you commit the following infractions.
 - Illegal Holds - There are several holds that the referee will penalize you for without warning. (There are other holds called "potentially dangerous holds" which the referee might make you let go of but will not penalize you for).
 - Technical Violations
 - Going off the mat or forcing your opponent off the mat to avoid wrestling ("fleeing the mat.");

Continued on page 11

GO BULLDOGS!



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WRESTLING RULES

- Grabbing clothing, the mat, or the headgear;
- Locked or overlapped hands: If you are down on the mat in control of your opponent, you cannot lock or overlap your hands, fingers, or arms around your opponent's body or both legs unless you have met criteria for a near pin of your opponent, your opponent stands up and has all of his weight on two feet, or you have lifted the opponent off the mat;
- Leaving the mat during the match without the referee's permission;
- Figure 4 head scissors from the neutral position;
- Reporting to the mat not properly equipped, not ready to wrestle, or wearing equipment detected as being illegal after the match has started;
- Unnecessary roughness.
- Unsportsmanlike conduct.
- Flagrant misconduct (ejection, the match is over).
- Stalling (one warning before penalty points are awarded).
- Incorrect starting position or false start (two cautions before points are awarded).

After the first and second penalties, your opponent is awarded one point. After the third penalty, your opponent is awarded two points. After the fourth penalty, you are disqualified. (Except for illegal starting position or false start, in which case the offending wrestler is cautioned twice, then one point is awarded for each infraction, but the wrestler is not disqualified. In the event of a flagrant misconduct, the wrestler is ejected from the match on the first offense, loses the match, and three team points are deducted).

These rules apply to the type of wrestling done in the United States in college, high school, junior high, middle school, and most youth wrestling. This type of wrestling is often referred to as "folkstyle" wrestling.

Dual Meet Team Scoring

Fall, Forfeit, Default, Disqualification - 6 team points

Technical Fall (getting ahead of your opponent by 15 points ends the match) - 5 team points

Major Decision (winning the match by 8 - 14 points) - 4 team points

Decision (winning the match by fewer than 8 points) - 3 team points

Go Bulldogs!

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<http://pywrestling.wordpress.com>

Good Luck This Season!

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Good Luck Bulldogs

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Fax: 207-892-8229
jvermette@crossagency.com
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COACHES



DAVID ELOWITCH has coached the Portland High School wrestling team for the past nine seasons. He wrestled for the Bulldogs, placing third in the state his senior season. He continued wrestling after high school at the Div I level for the University of Pennsylvania. Coach Elowitch is a USA Wrestling Bronze Certified Coach and also coaches the Portland Youth Wrestling team.



TONY NAPOLITANO has coached the Portland High School wrestling team for the past 9 seasons. He wrestled for these same Bulldogs, winning a state championship in 1990. He then went on to wrestle for the United States Military Academy at West Point and, after that, the All-Army Greco-Roman and Freestyle team. Coach Napolitano is a USA Wrestling Bronze Certified Coach and also coaches the Portland Youth Wrestling team. He coaches wrestling to have a positive impact on the lives of young athletes.



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THIS SEASON!



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**Good Luck
Bulldogs
Wrestling**



**GOOD LUCK
BULLDOGS**

Best wishes for a successful 2010-2011 Season

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