

# Wrestling USA

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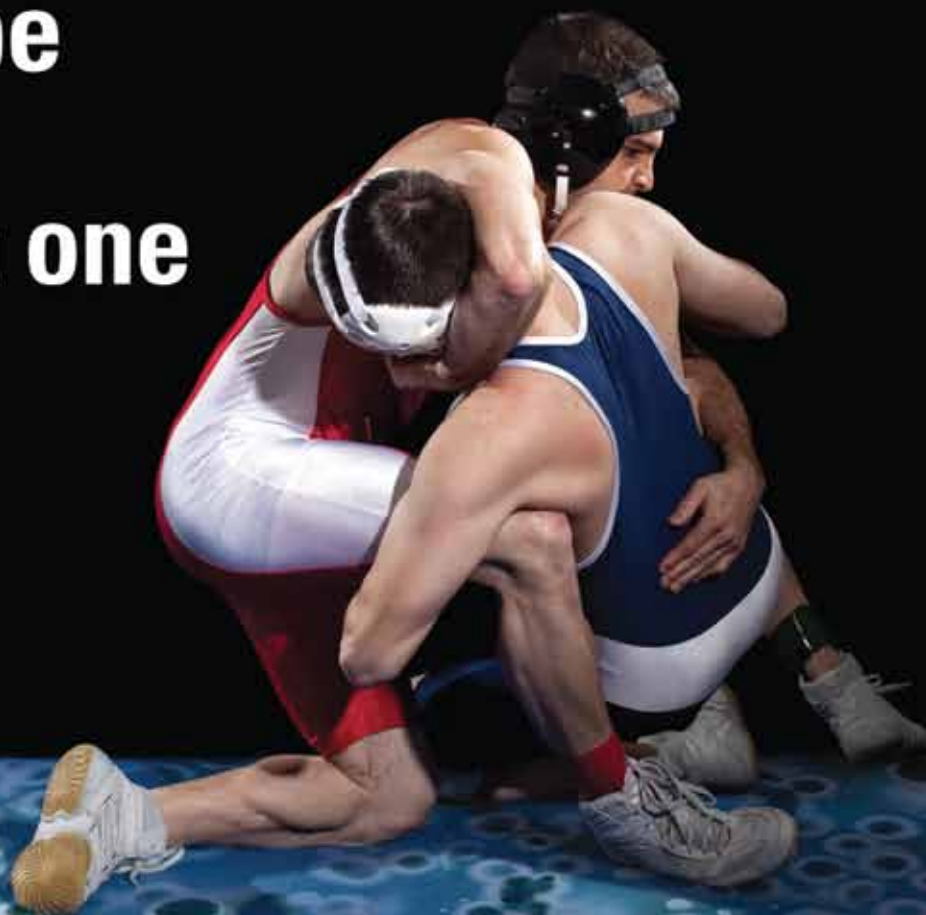
June 15, 2021

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# Wrestling USA Magazine

## Letter from the Editor

### High School Wrestling Season Coming to an End

By Cody Bryant, Managing Editor

**F**or some states it never began, high school season totally cancelled, and a handful of states have their State High School Championships slated for June. Last year Ohio was the only state not to complete their State Championships. It's hard to believe that as far as we have come during the pandemic, even more states cancelled their State Championships, making this a huge challenge for coaches, wrestlers and parents. As far as I see it, sports and education go hand in hand, and school administrations need not to forget these essential needs for our youth! What about the impact for those wrestlers not able to compete to show their talent for the next level? The good news, after last year's cancellation, the Junior Nationals and 16U Nationals are scheduled July 16-23 at the Fargo Dome, Fargo, North Dakota.

This issue includes our second Junior Rankings of the school year by Dan Fickel, our National Editor. The first Junior Rankings were in our December 15, 2020 issue of *Wrestling USA Magazine*. The state of Pennsylvania and Georgia top the ranking with three wrestlers ranked number one in their respective weight class. Pennsylvania is led by top ranked 132 lb. wrestler Nic Bouzakis, Wyoming Seminary; 145 lb. Levi Haines, Biglerville; and 220 lb. Nicholas Feldman, from Malvern Prep, Pennsylvania. Georgia's top ranked wrestlers are 152 lb. Caleb Henson, Woodland; 182 lb. Matthew Singleton, Woodward Academy; and 285 lb. Chase Horne from West Laurens, Georgia. California and Indiana are the only other states with multiple top ranked wrestlers: California's 120 lb. Joey Cruz from Bullard and 170 lb. Joseph Martin from Buchanan; and Indiana's 126 lb. Zeke Seltzer from Indianapolis Cathedral and 138 lb. Jesse Mendez from Crown Point. Other top ranked wrestlers include 106 lb. Codie Cuerdo, Aurora, Ohio; 113 lb. Evan Tallmudge, Brick Memorial, New Jersey; 160 lb. Anthony Ferrari, Stillwater, Oklahoma; and 195 lb. Rylan Rogers from Coeur d' Alene, Idaho. Be sure to check out all of the Junior Rankings starting on page 6 of this issue! Please don't hesitate to e-mail Dan Fickel with any deserving wrestlers and their credentials at [dfickel@netlink.net](mailto:dfickel@netlink.net).

I am always grateful for Dan's endless work he puts into covering high school and college wrestling for *Wrestling USA Magazine*! I also know that Dan appreciates all the coaches and parents that take the time to send pictures and information on these wrestlers so that they can get the recognitions they deserve in this extremely demanding and rewarding sport of wrestling.

I want to thank the coaches, wrestlers, and parents for your dedication to this great sport of wrestling! I can't stress how important it is for the sport of wrestling to continue to set the bar for all sports as we move forward and away from this pandemic. I am so thankful for the states that had the opportunity to compete in their State High School Wrestling Championships. I applaud those State Associations that stepped up and truly saw the value of not just the sports in their states, but more importantly the value of these young boys and girls.

"Don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today." Matthew 6:34.

Planning for tomorrow is time well spent, but worrying about tomorrow is time wasted. Unfortunately sometimes it's difficult to tell the difference. Careful planning is thinking ahead about goals and steps to achieving those goals, and trusting in God's guidance. When done well, planning can help alleviate worry. Worriers, by contrast, are consumed by fear and find it difficult to trust God. They let their plans interfere with their relationship with God. Don't let worries about tomorrow affect your relationship with God today.

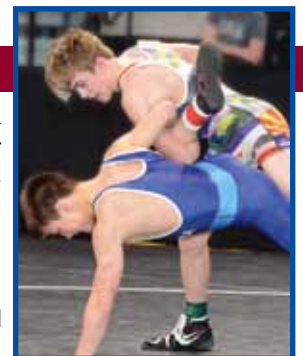
As coaches, we understand how important it is to plan for practices, dual meets and tournaments. But at the same time, we have to make sure we don't get ahead of ourselves. Many times it's easy to look forward to that cross rival dual meet and forget about the dual in front of us. For a wrestler we can fall into the same trap and look ahead to our semi-final or finals match and overlook the match before us. There are many contributing factors, but this is why many times we see upsets in wrestling. I learned from my father/coach years ago not to look at brackets at tournaments as a wrestler. He told me that all that matters at this moment is the opponent you have next.

As always, Let's be "On The Go Together,"

Cody

#### COVER PHOTO

**2021 High School National Showcase Finals** - 113 lbs. Yanni Vines (Alabama) countering a takedown attempt using a whizzer on Ethan Perryman (California). Vines won by decision 7-5. Photo by G Wyatt Schultz.



#### NATIONAL ACTION WRESTLING PHOTOS

Send your best action wrestling photos to [cody@wrestlingusa.com](mailto:cody@wrestlingusa.com). The best photos will be recognized each issue. All photos should be submitted digitally at 300 dpi.

#### Editor-In-Chief

Lanny Bryant  
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#### Managing Editor

Cody Bryant

#### National Editor

Dan Fickel

#### National Photographer

G Wyatt Schultz

#### Contributing Editor

Bill Welker

#### Design Director

Cody Bryant

#### Administrative Assistants

Ann Bryant

LanAnn Bryant

Shannon Wolfe

Codi Jean Bryant

Ginger Flowers

#### Advertising

Cody Bryant

#### Web Master

Lanny Bryant

#### National Office

101 Briar Lane

Pass Christian, MS 39571

(406) 360-9421

[cody@wrestlingusa.com](mailto:cody@wrestlingusa.com)

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#### Send National Record Proposals:

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101 Briar Lane, Pass Christian, MS 39571

E-mail: [cody@wrestlingusa.com](mailto:cody@wrestlingusa.com)

#### Send All-American nominations or correspondence on high school or college wrestling:

Dan Fickel

10757 Woodrun Drive, Strongsville, OH 44136

E-mail: [dfickel@netlink.net](mailto:dfickel@netlink.net)

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Website: <http://www.wrestlingusa.com>

Instagram: [@wrestlingusamagazine](https://www.instagram.com/wrestlingusamagazine)

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# Wrestling USA Magazine

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**2021 USA Wrestling Folkstyle National Finals** - 182 lbs. Michael Griffith (Ubasas Wrestling Academy) with a single leg shot on Jared Simma (Kansas). Simma won by major decision 16-4. Photo by G Wyatt Schultz.

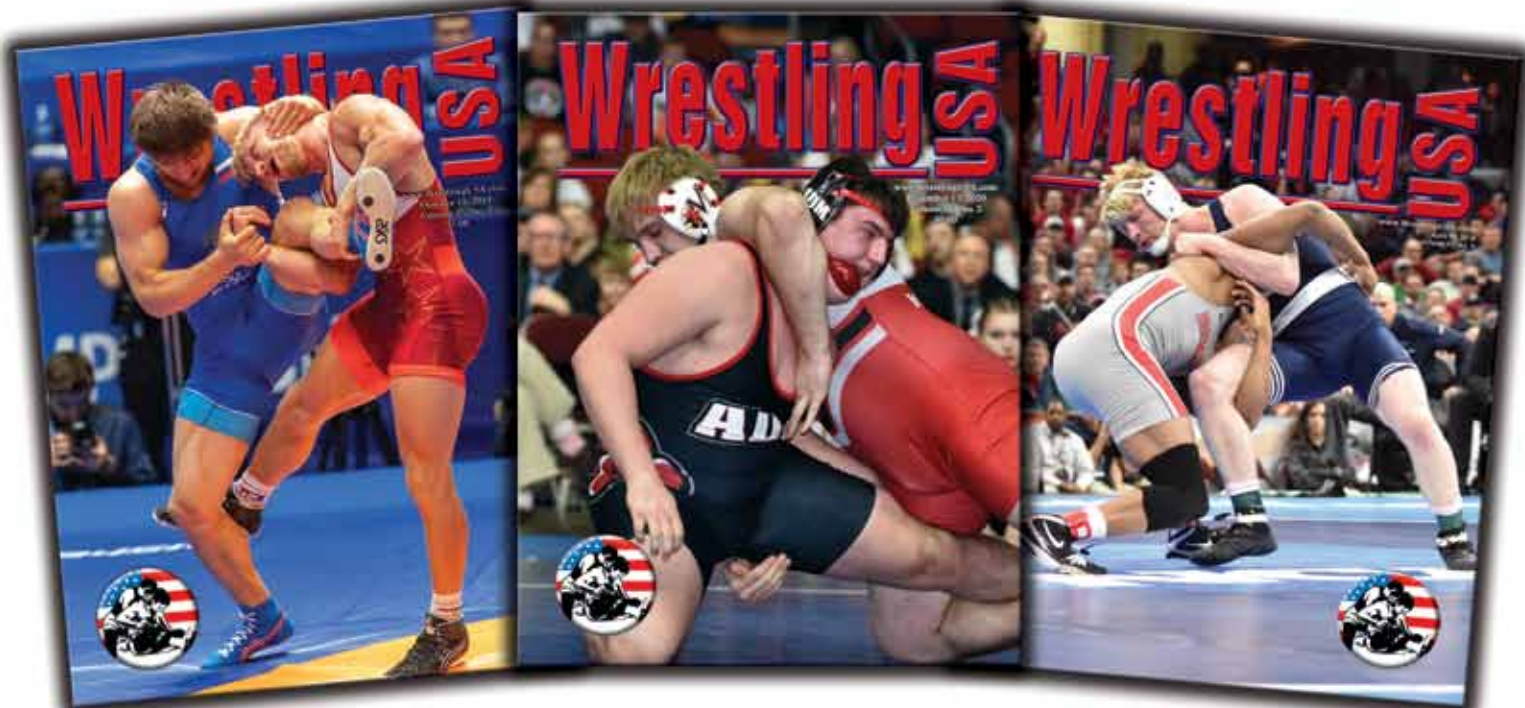


**2021 High School National Showcase Finals** - 145 lbs. Daschle Lamer (Mat Sense Wrestling) looking for the pin against Tommy Curran (Izzy Style Wrestling). Curran won by decision 5-3. Photo by G Wyatt Schultz.



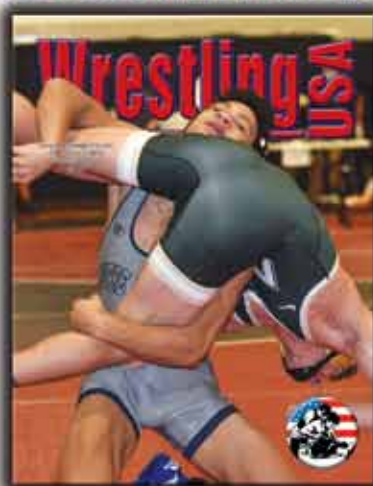
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## NATION'S BEST 2020-2021 HIGH SCHOOL

# JUNIOR CLASS



By Dan Fickel, National Editor

**Editor's Note:** Here are updated rankings of the Nation's Best 2020-21 High School Juniors as of 5-4-21. Seven factors, which considered the overall accomplishments of the wrestlers, were used in determining these rankings. They include: (1) Performances at the state high school championships (folkstyle); (2) National Junior Freestyle and Greco-Roman Championships; (3) Achievements at prestigious regular season high school tournaments and club dual/tournament events; (4) Super 32 Challenge Tournament; (5) Cadet National Championships; (6) NHSCA Nationals; (7) FloWrestling Who's #1. For the most part, wrestlers are listed at the weight classes from their respective state tournament series. Weight classes are projected for wrestlers from states that did not have a state series or their state series was delayed due to the COVID-19 pandemic. For any corrections, E-Mail: [dfickel@netlink.net](mailto:dfickel@netlink.net).

\*\*Special thanks to Tom Elling of Pennsylvania, G. Wyatt Schultz of Iowa, Creative Photography and World Wrestling of Oklahoma, Peg Chihak and Craig Zamzow of Minnesota, Austin Bernard of Oklahoma, Jeff Ragan of Georgia, Jenny Hannon of West Virginia, and Yogi Leake of California for providing assistance with head-shot photos.

**106 lbs.**  
**TOP RANKED**  
**Codie Cuerdo**  
**Aurora**  
**Ohio**



- Christian Forbes (Broken Arrow, OK)
- Sammie Hayes (Sandburg, IL)
- Caleb Thoennes (St. Michael-Albertville, MN)
- Daniel Guanajuato (Valiant Prep, AZ)
- Drew Garfield (Central City, NE)
- Colby McBride (Woodward Academy, GA)
- Evan Dickey (Cathedral, IN)
- Isaac Paulino (Monty Tech, MA)
- Nico Calello (St. Joseph Metuchen, NJ)
- Billy Smith (Sandusky Perkins, OH)
- Christian Guzman (Christopher Columbus, FL)
- Aaron Garcia (Payson, UT)
- Zack Gittens (Stoney Creek, MI)
- Hunter Robison (Saegertown, PA)
- Porter Finstad (Gibbs, TN)
- Dylan Moser (Brother Martin, LA)
- Jacob Levin (Tottenville, NY)
- Dante DiStefano (Waltham, MA)
- Michael Longo (Trumbull, CT)
- Mikey Manta (Hauppauge, NY)
- Aden Sanders (Blanchard, OK)
- Jacob Waddoups (Farmington, UT)
- Kaden Spragis (Great Bend, KS)
- Wyatt Engwicht (New Salem-Almont, ND)
- Tyler Hisey (St. Marys Memorial, OH)
- Corbin White (Mound City, KS)

- Caleb Coffin (Don Bosco, IA)
- Koda Holeman, 10, (Clovis, CA)
- Slade Mickelsen (North Sevier, UT)

**SPECIAL MENTION:**

- Daniel Colgin (New Kent, VA)  
Parker Hansen (Tooele, UT)  
Jeffrey Jacome (South Plainfield, NJ)  
Cody Richards (Jefferson, MI)  
Ashton Sonnier (Teurlings Catholic, LA)  
Braydn Valdez (Lubbock Monterey, TX)

- Xavier DeJesus-Remchuk (Canisteo-Greenwood, NY)
- Guy Clevenger (Catoosa, OK)
- Jacob Tangpricha (Washburn Rural, KS)
- Logan Miller (Brownsburg, IN)
- Noah Tonsor (Slinger, WI)
- Mauro Michel (Cascade, OR)
- Gavin Caprella (Lima CC, OH)
- Sefton Douglass (Lyman, WY)
- Roberto Estrada (Weld Central, CO)
- Landon Smith (Bethel, AK)
- Benjamin Pope (East Anchorage, AK)
- Josh Mendoza (Timberline, ID)
- Kenneth Hendriksen (Creekview, TX)

**SPECIAL MENTION:**

- Justin Bradford (Blackman, TN)  
Kaleb Casey (Spring Valley, WI)  
Colin Dean (Velva, ND)  
Mason Elsensohn (Brother Martin, LA)  
Kaden Ercanbrack (Juab, UT)  
Zach Flurry (Vestavia Hills, AL)  
Nolan Frye (Walsh Jesuit, OH)  
Derek Glenn (Cherokee Trail, CO)  
Braden Gref (West Sioux/Howarden, IA)  
Cole Kunz (Central City, NE)  
Evan Lindner (New Milford, CT)  
Isaiah Medina (Vacaville, CA)  
Adrian Morales (South Dade, FL)  
Julian Rapauno (Delcastle, DE)  
Patrick Reineke (Hawken, OH)  
Wyatt Richter (St. Edward, OH)  
Matthew Rowland (Pinecrest, NC)  
Isaac Ruble (Bellmont, IN)  
Santino Sanchez (Esperanza, CA)  
Tyler Tanev (Woodbridge, VA)

**113 lbs.**  
**TOP RANKED**  
**Evan Tallmadge**  
**Brick Memorial**  
**New Jersey**



- Gabe Giampietro (Smyrna, DE)
- Jacob Van Dee (Erie Cathedral Prep, PA)
- Kai Owen (Wyoming Seminary, PA)
- Kyle Montaperto (Central Academy, NC)
- Nick Corday (Baylor School, TN)
- Camron Phetxoumphone (Webster City, IA)
- Ethan Perryman (Temecula Valley, CA)
- Dominic Mendez (Righetti, CA)
- Kobi Johnson (Loveland, CO)
- Gavin Bradley (Athens, PA)
- Mason Brugh (Wadsworth, OH)
- Quincy Hulverson (Tea, SD)
- Nolan Wertanen (St. Joseph's MI)
- Tyson Lane (Brandon, FL)
- Brandon Baustert (Lincoln East, NE)
- Davian Guanajuato (Valiant Prep, AZ)



**160**  
John Wiley



**160**  
Antrell Taylor



**160**  
Nicholas Vafiadis



**160**  
Hayden Taylor



**160**  
Justin Bartee

- 24. Nolan Lear (Benton, PA)
- 25. Noah Ewen (Perrysburg, OH)
- 26. Jack MacKiernan (Pinkerton Academy, NH)
- 27. Will Ebert (Fairfield Warde, CT)
- 28. Aiden Curry (Central Academy, NC)
- 29. Aaron Sheffield (Central Carroll, GA)
- 30. Ethan Turnbaugh (Ontario, OH)

**SPECIAL MENTION:**

- Aidan Bowers (Christian Brothers, TN)
- Antwaun Burns (London, OH)
- AJ Dickerson (West-Oak, SC)
- Sam Elliott (Buhler, KS)
- Eric Freeman (Paramus, NJ)
- Dez Gartrell (Dublin Coffman, OH)
- Brayden Gianonne (Lafayette, KY)
- Devhante Hayes (Mira Mesa, CA)
- Cory Hicks (Durant, OK)
- Rocco Horvath (Brother Martin, LA)
- Connor Kneeshaw (Bentonville, AR)
- Jude Link (Litchfield, MN)
- Cael Palmer (Kuna, ID)
- Owen Quinn (Malvern Prep, PA)
- Caden Renner (Bismarck, ND)
- Dominic Rodriguez (Riverdale, FL)
- Shadrick Slone (Milan Edison, OH)
- John Paul Trivasos (Teurlings Catholic, LA)
- Nate Urry (Olmsted Falls, OH)
- Payton Wayman (Lee Williams, AZ)


- 12. Jonathan Conrad (Carrollwood Day, FL)
- 13. Derek Matthews (Declo, ID)
- 14. Noah Duke (Ryle, KY)
- 15. Avery Dickerson (Hartland, MI)
- 16. Chance Davis (Enid, OK)
- 17. Jaxon Randall (Edmond North, OK)
- 18. Omari Embree (Warren Woods Tower, MI)
- 19. Blake Jouret (Olathe South, KS)
- 20. Lowell Arnold (Portage, WI)
- 21. Gunner Giulio (Couer d' Alene, ID)
- 22. Brock Fettig (Bismarck, ND)
- 23. Chase Cordia (Osage, MO)
- 24. Luke Cochran (Jefferson, GA)
- 25. Austin Miller (Norfolk, NE)

- 26. Devon Bell (Laney, NC)
  - 27. Orion Thivierge (Havre/Box Elder, MT)
  - 28. Braden Welch (Ashland, OH)
  - 29. Trevor Wilson (Hannibal, MO)
  - 30. Brody Hemauer (DeForest, WI)
- SPECIAL MENTION:**
- Blake Barnes (Milford, UT)
  - Colin Calvetti (Delbarton, NJ)
  - Chance Cobb (Tuttle, OK)
  - Andrew Connolly (Malvern Prep, PA)
  - Isaac Cory (Montoursville, PA)
  - Ronald Dimmerling (GlenOak, OH)
  - John Edwards (Vestavia Hills, AL)
  - Wyatt Epling (Burns, OR)

**170 lbs.**  
**TOP RANKED**  
**Joseph Martin**  
**Buchanan**  
**California**



- 2. James Rowley (Crescent Valley, OR)
- 3. Brody Conley (Tiffin Columbian, OH)
- 4. Hunter Lyden (Stillwater, MN)
- 5. Gavin Garcia (Southern Columbia, PA)
- 6. Luke Geog (St. Edward, OH)
- 7. Bradley Gillum (DeKalb, IL)
- 8. Gunner Filipowicz (Woodward Academy, GA)
- 9. Cade Tenold (Don Bosco, IA)
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**2021**  
**WRESTLING**

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# You Have to go to College if You Want to Succeed: I Don't Think So!

By Bill Welker, EdD

**M**any high schools base their success on student ACT and SAT test scores, the percentage of students who have been accepted to college, and the number of scholarships that have been awarded.

Now to my knowledge, there are no follow-up statistics regarding those students who drop out of college before graduating. This would be an interesting study for an educational researcher to investigate.

With today's exuberant college costs, I believe that some scholarships could actually be referred to as "teasers."

"What!" you say.

Well, I was talking to one parent who was proud that his child received a \$10,000 yearly scholarship to attend a fine university. The excitement subsided when he learned that matriculating at this institution of higher learning for four years would cost \$160,000.

Thus, his child will have to take out student loans amounting to \$120,000 if she wants to graduate.

Not a pretty financial picture starting out on one's career, unless a student plans to be a medical doctor, dentist, lawyer, or other high paying careers. Fortunately, students, who pursue such professions, will be able to pay off their college loans within a short period of time due to their monetarily lucrative positions.

However, graduates in the education, social and health services fields will not make nearly as much earnings over the course of their careers. For example, I have a young friend in education who just received his master's degree in mathematics. He is entering his first professional teaching position with a \$101,000 loan obligation. It will take him decades to get out of college loan debt.

I know this may be considered a bit outlandish, but I believe that the tuitions for the above occupations should be determined by what their future projected incomes will be.

As an old-schooler, I couldn't even begin to imagine owing a \$100,000-plus in educational loans prior to starting out on a teacher's salary. College tuition should most definitely be based on potential career earnings.

Then there are the scholastic students who are enticed by their school districts to register for college that really aren't suited for such higher education studies. If you disagree, then tell me why many colleges offer remedial reading and mathematics courses in their academic curriculums.

To my way of thinking, these are student prerequisites that should have been satisfied prior to entering college. Moreover, such "go-to-college" practices stressed by some high schools are inadvertently setting lots of kids up for failure.

In reality, many of these students' skills are more suited for the clerical (medical, business, etc.), technical (radiologists, dental assistants, etc.), trades (electricians, sheet metal workers, welders etc.), farmers, and the military areas of endeavor. Such non-college abilities should also be encouraged and promoted in the high school setting.

These students should not be ignored, but guided by school counselors to set goals that are educationally-appropriate to their abilities and skills. Likewise, they should not be made to feel inferior to a student who is more suited for a college education.

It is my sincere contention that high schools should place as much emphasis and public recognition – during graduation ceremonies – regarding the students who want to continue in careers that don't involve college degrees.

In conclusion, I have a brief anecdote to share with my readers. A few months ago, I had the privilege to converse with one of my former students. He began by telling me how much he enjoyed being a student in my language arts/reading class.

I was truly flattered. Such positive student-feedback means a lot to teachers. It is always nice to know that your efforts in the classroom have not gone unappreciated.

During our discussion, he told me that he is now a sheet metal specialist. I told him that was great. Then he seemed a bit embarrassed when he said to me, "Dr. Welker, last year I earned well over \$100,000 at my job."

I said, "That's outstanding! You don't need to be apologetic. You have made my day. Learning that my former students have succeeded in life has always been very gratifying to me."

So, my readers, let us never downplay the significance of those students whose abilities and skills do not involve a college education. To be quite honest, they are just important in our society as college graduates, and often more so.

If you're still not convinced, just ask anyone who needs a plumber, their kitchen remodeled, a room-addition to their home, food on their table, or someone to protect our American way of life.

***"The two most important days in your life are the day you were born and the day you find out why."***

Mark Twain

Bill Welker's e-mail is [mattalkwv@hotmail.com](mailto:mattalkwv@hotmail.com)





# Scholastic National Wrestling Records

By Cody Bryant

**P**roposals for new records should be sent to:  
Cody Bryant  
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All proposals should be submitted on school letterhead and signed by the coach and athletic director or principal. Any applicable documentation (e.g., copies of score sheets, etc.) should also be sent. Continuing records such as coaching dual wins should be updated at the end of each season. Record proposals can be accepted by email (cody@wrestlingusa.com) with the proper signatures and hard copy documentation as described above. We do our best to protect the integrity of the records.

\*Indicates new or updated records at time of last entry.

## TEAM STATE CHAMPIONSHIPS

### Most All-Time

- 43 Perry, OK (1952-2019)
- 39 Bismarck, ND (1960-2021)\*
- 34 Bennington Mt. Anthony Union, VT (1969-2020)
- 35 Delta, UT (1955-2019)
- 34 Lakewood St. Edward, OH (1978-2021)\*
- 34 Tucson Sunnyside, AZ (1979-2021)\*
- 33 Paulsboro, NJ (1983-2020) Dual Meet Format
- 28 New Orleans Holy Cross, LA (1945-2017)
- 28 Brandon, FL (1977-2017)
- 25 Apple Valley, MN (1983-2017)
- 24 Bloomington South, IN (1924-1978)

### Most Consecutive

- 32 Bennington Mt. Anthony Union, VT (1989-2020)
- 25 Paulsboro, NJ (1983-2007) Dual Meet Format
- 20 St. Paris Graham, OH (2001-2021)\*
- 18 Coventry, RI (1982-1999)
- 17 Brandon, FL (2001-2017)
- 16 Jefferson, GA (2001-2016)
- 14 Overland Ritenour, MO (1948-1961)
- 14 New Orleans Holy Cross, LA (1952-1965)
- 14 Tucson Sunnyside, AZ (1998-2011)
- 13 Butte, MT (1980-1992)
- 13 Lakewood St. Edward, OH (1997-2009)
- 13 New Cumberland Oak Glen, WV (1997-2009)

- 13 Omaha Skutt Catholic, NE (1998-2010)
- 13 Gillette Campbell County, WY (2003-2015)
- Most Individual State Champions**
- 251 New Orleans Holy Cross (1945-2021)\*
- 237 Bennington Mt. Anthony Union, VT (1969-2020)
- 176 Perry, OK (1925-2020)
- 175 Bismarck, ND (1960-2021)\*
- 172 Delta, UT (1951-2021)\*
- 158 Parkersburg, WV (1948-2020)
- 123 Brandon, FL (1974-2021)\*
- 117 Aztec, NM (1959-2020)
- 115 Lakewood St. Edward, OH (1978-2021)\*
- 106 Tuttle, OK (1988-2021)\*

## DUAL MEETS

### Consecutive Victories

- 459 Brandon, FL (1973-2008)
- 266 Winston Salem Parkland Magnet, NC (2006-2012)
- 221 Weaver, AL (1991-1999)
- 217 LaGrange Troup County, GA (1988-2001)
- 182 Damascus, MD (2012-2019)
- 175 Bismarck, ND (1972-1986)
- 150 Elma Iroquois Central, NY (1957-1967)
- 140 Boone Appalachian, NC (1952-1965)
- 138 Cary, NC (2007-2010)
- 136 West Des Moines Dowling, IA (1986-1992)

### Consecutive Unbeaten

- 468 Brandon, FL (1973-2008)
- 252 LaGrange Troup, GA (1988-2002)
- 221 Weaver, AL (1991-1999)
- 182 Damascus, MD (2012-2019)
- 175 Bismarck, ND (1972-1986)
- 159 Delta, UT (1962-1971)
- 156 Poway, CA (1974-1991)
- 150 Elma Iroquois Central, NY (1957-1967)
- 140 Boone Appalachian, NC (1952-1965)
- 130 Long Island Merrick Mephram, NY (1946-1955)
- Average Dual Meet Victory Margin - Season**
- 67.38 Winston-Salem Parkland Magnet, NC (2007-2008)
- 63.14 Aztec, NM (1993-1994)
- 62.57 Brandon, FL (1991-1992)
- 62.54 Cary, NC (2006-2007)
- 61.27 Winnemucca Lowry, NV (1989-1990)
- 59.88 Willits, CA (1985-1986)

- 59.60 Page, AZ (1983-1984)
- 59.50 Tucson Sunnyside, AZ (1983-1984)
- 59.38 El Cajon Valhalla, CA (2004-2005)
- 59.31 New Orleans Brother Martin, LA (2000-2001)
- Most Team Points Season (Duals and Tournaments)**
- 5432.5 Winston-Salem Parkland Magnet, NC (2007-2008)
- 5038.5 Winston-Salem Parkland Magnet, NC (2006-2007)
- 4240.0 Morehead, Eden, NC (2005-2005)
- 4187.5 New Orleans Brother Martin, LA (1999-2000)
- 4100.0 Yuma, AZ (2017-2018)
- 4,024.0 Owatonna, MN (2004-2005)
- 3,979.0 Virgil Grissom HS, Huntsville, AL (2010-2011)
- 3,953.0 Yuma, AZ (2018-2019)
- 3,951.5 Afton Star Valley, WY (2005-2006)
- 3,881.5 New Castle, IN (1995-1996)

## FALLS AND TAKEDOWNS

### Most Takedowns, Season, All Meets

- 2,188 Durham Riverside, NC (2001-2002)
- 1,912 Virgil Grissom HS, Huntsville, AL (2010-2011)
- 1,905 Lakewood St. Edward, OH (1981-1982)
- 1,783 Owatonna, MN (2004-2005)
- 1,735 Owatonna, MN (2001-2002)
- 1,726 Durham Riverside, NC (2006-2007)
- 1,617 Virgil Grissom HS, Huntsville, AL (2002-2003)
- 1,557 Virgil Grissom HS, Huntsville, AL (2005-2006)
- 1,555 Durham Riverside, NC (2002-2003)
- 1,542 Nashville Hunters Lane, TN (1990-1991)

### Most Takedowns, Season, Dual Meets Only

- 1,465 Owatonna, MN (2001-2002)
- 1,465 Owatonna, MN (2004-2005)
- 1,365 Virgil Grissom HS, Huntsville, AL (2002-2003)
- 1,253 Virgil Grissom HS, Huntsville, AL (2005-2006)
- 1,252 Owatonna, MN (2002-2003)
- 1,236 Virgil Grissom HS, Huntsville, AL (2010-2011)
- 1,145 Owatonna, MN (2003-2004)
- 1,109 Owatonna, MN (2000-2001)

- 1,109 Owatonna, MN (2005-2006)
- 1,063 Richmond, MI (2005-2006)
- Most Takedowns, Single Dual Meet**
- 129 Homestead South Dade, FL (1/12/08)
- 97 Owatonna, MN (2/7/02)
- 85 Fairbanks West Valley, AK (3/31/89)
- 85 Platte County R-III, MO (1/26/89)
- 82 Kansas City Lincoln Academy, MO (1/16/92)
- 82 New Bern, NC (1/31/95)
- 72 Platte County R-III, MO (1/31/89)
- 72 Bethlehem Liberty, PA (1/15/97)
- 71 Nashville Hunters Lane, TN (12/13/89)
- 71 Albermarle, NC (1/10/91)

### Most Falls, Season

- 542 Winston-Salem Parkland Magnet, NC (2007-2008)
- 504 Winston-Salem Parkland Magnet, NC (2006-2007)
- 452 Morehead, Eden, NC (2005-2006)
- 431 Yuma, AZ (2017-2018)
- 429 Yuma, AZ (2018-2019)
- 402 Afton Star Valley, WY (2005-2006)
- 392 Monticello Wayne County, KY (2007-2008)
- 384 Yuma, AZ (2015-2016)
- 381 East Gaston, NC (2000-2001)
- 379 Lakewood St. Edward, OH (1981-1982)

## COACHING

### Most Dual Meet Victories Over 500 (including dual tournaments)

- 1183 Scot Davis (Belcourt, ND; Bird Island Lake Lillian, MN; Hutchinson, MN; Owatonna, MN; Kalispell, MT; Eden Prairie, MN; Sioux City, IA; Sloan, IA; Sugar-Salem, ID; Indian Land, SC) 1977-2021\*
- 1030 Jim Husk (Archbishop Curley, Miami, FL; Southwest, Miami, FL; Southridge, Miami, FL; Christopher Columbus, Miami, FL) 1964-2020
- 1003 Danny Upchurch (Wayne County, Monticello, KY) 1983-2021\*
- 1001 Rex Peckinpaugh (New Castle, IN) 1981-2019\*
- 940 Bruce Bittenbender (Stevensville, Lakeshore, MI) 1971-2020

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## Season

- 68** Anthony Fretwell (McDonough Henry Co., GA) 2006-2009
- 68** Brandon Womack (Scottsboro, AL) 2013-2014
- 64** Brandon Womack (Scottsboro, AL) 2011-2012
- 63** Colter Palmer (Durham Riverside, NC) 2006-2007
- 61** Brandon Womack (Scottsboro, AL) 2012-2013
- 59** Sheldon Wilder (Durham Riverside, NC) 2006-2007
- 58** Kyle Cuthbertson (Scottsboro, AL) 2007-2008
- 57** Nick Simmons (Williamston, MI) 1999-2000
- 57** Nick Simmons (Williamston, MI) 1998-1999
- 57** Brandon Womack (Scottsboro, AL) 2010-2011

## MOST TAKEDOWNS

### Season

- 526** Jake Bohn (Kentwood East, Kentwood, MI) 1998-1999
- 487** Joe Warren (Kentwood East, Kentwood, MI) 1994-1995
- 451** Chase White (Lincoln, NE) 2010-2011
- 433** Zac Donofrio (Dundee, MI) 2004-2005
- 406** Stephen Abas (Logan, Union City, CA) 1994-1995
- 387** T.J. Hill (Farmington, MO) 1997-1998
- 381** Nathan McMillen (Mt. Zion, IL) 1999-2000
- 374** Timothy Buchanan (Hunters Lane, Nashville, TN) 1993-1994
- 370** Brock Smith (Gering, NE) 2006-2007
- 367** Brett Allgood (Bennington, NE) 2001-2002

## FASTEST FALLS

- 90-95 lbs.** Steve Gourgareas (91), Pleasantville (NY) HS, pinned J.F. Kennedy opponent in :04 (1/16/93) Coach Robert Bernarducci
- 96-100 lbs.** Kevin Dick (98), Montpelier (OH) HS, pinned Liberty Center opponent in :05 (1970-71) Coach Daniel West
- 101-105 lbs.** Travis Sullivan (103), Monticello (KY) Wayne Co. HS, pinned Johnson Central opponent in :03.2 (2/11/06) Coach Danny Upchurch
- 106-110 lbs.** Danny Duff (106), Miami Coral Park HS, pinned Miami Beach opponent in :05 (1/27/65) Coach Dwight Witty. Noah Stephens (106), Boyd County (KY) HS, pinned Letcher County Central opponent in :05 (1/5/19) Coach Clayton McClelland
- 111-115 lbs.** Landry McDuffie (112), Lumberton (NC) HS, pinned opponent in :03 (E. A Laney Invitational, 1989-90) Coaches Matthew Lynch and Tal Dickerson
- 116-120 lbs.** Larry Smith (119), Batavia (OH) HS, pinned Williamsburgh opponent in :04 (2/13/87) Coach Dennis Wells
- 121-125 lbs.** Scott Hatcher (125), Anaconda (MT) HS, pinned Livingston opponent in :04 (2/2/90) Coach Jim Janosko
- 126-130 lbs.** Aiden Rivera (126), Treasure Coast (FL) HS, pinned Oakleaf opponent in :03 (1/26/18) Coach Ken Colao

- 131-135 lbs.** Spencer Manley (135), Chattanooga (TN) McCallie School, pinned Knoxville Catholic opponent in :04 (1/21/03) Coach Gordon Connell
- 136-140 lbs.** Blair Renfrow (140), Brunswick (GA) Glynn Academy, pinned Tift County opponent in :04 (12/06/03) Coach Tom Bartolotta
- 141-145 lbs.** Brian Murray (145), Wilmington (MA) HS, pinned Littleton opponent in :04 (12/30/89) Coach Michael Nee
- 146-150 lbs.** Ryan Alfau (147), Homestead (FL) South Dade HS, pinned Port St. Lucie opponent in :05 (1/9/98) Coach Victor Balmececa
- 151-155 lbs.** Anthony Cross (155), Ossining (NY) HS, pinned Woodlands opponent in :04 (1985) Coach Ken Calao
- 156-160 lbs.** Barrett Lee (160), Dallas (TX) Bishop Lynch HS, pinned Woodrow Wilson HS opponent in :04 (1/10/96) Coach Tim Mathews
- 161-165 lbs.** Chris Testerman (161), Chilhowie (VA) HS, pinned George Wythe opponent in :05 (01/07/2009) Coach Shane Keith
- 166-170 lbs.** Robert Scavage (167), Mt. Carmel (PA) HS, pinned Millerburg opponent in :04 (1968-69) Coach Frank Pecaitis
- 171-175 lbs.** Steve Barr (171), Yale (MI) HS, pinned Dryden opponent in :03 (2/10/96) Coach Jim Peltier
- 176-180 lbs.** Joe Amaral (180), San Diego (CA) University HS, pinned Claremont opponent in :03 (1968-69)
- 181-185 lbs.** Bill Knighton (185), Lancaster (OH) Fairfield Union HS, pinned Bloom Carroll opponent in :05 (1/16/79) Coach Frank Poling

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-DAVID MOSS, FOX NEWS

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# “Less is More” ... Coaching from Matside

By Scot Davis

**H**ave you ever attended a youth wrestling tournament? Wrestlers, parents, coaches and fans all yelling out instructions to their wrestler/s. How about a junior high meet? Much the same! Finally, the high school meet, there might be several coaches, wrestlers, parents and fans yelling out instructions or cheering them on from matside. With this said, just how much do you think that wrestler hears down on that mat? Have you ever thought about how confused he/she might be, trying to hear one voice alone. Trying to hear one voice is hard enough, but trying to distinguish between several screaming people, along with the other noise in the gym or arena is most difficult. It's also confusing and can often disrupt the thoughts he/she might have in mind for their moves or technique in their match. He/she might even attempt a move that might not be good for that situation, yelled out by somebody not prepped on what that particular wrestler actually has been trained to perform. Wrestling itself is tough enough alone, but combining all this added noise and stress just complicates things for that wrestler out on the mat. With respect to all this, let me suggest that “less is more” when

coaching from matside.

I know everyone connected to a particular wrestler means well and has good intentions, thinking they can help, but too many voices causes confusion. My experience is that any coaching instructions should be directed from the Head Coach, or an Assistant Coach, the Head Coach designates. It should be somebody the wrestler is familiar with and has confidence in. Not a parent, fan or several coaches yelling all at one time. If it's not the Head Coach, he can designate a particular coach to coach that wrestler for that match. This is especially true at individual tournaments. No matter what, the Head Coach needs to be the overriding voice who's in control. Why? Because if things don't go well, it's not the assistant, parent, wrestler or fan that will be blamed. It will fall back to the “Head Coach.”

When the Head Coach appoints an Assistant Coach to coach a wrestler it is most well served if that particular assistant is one with similar size, similar technique, or even similar personality. Whatever the case, select a coach that has a special connection to that wrestler. This way too, there is never an issue in a wrestler having a coach at

matside. I have always tried to designate a particular coach to a specific small group of wrestlers. They form a special bond that relates well during a match. This is not only effective in move selection, but very helpful coaching at individual tournaments. Everybody knows their assignment and wrestlers aren't caught short out on the mat without a coach. Whatever the system used, make sure the wrestler on the mat is presented a better opportunity to more clearly hear coaching instruction and understand those instructions as well. However, don't provide too much information that interferes with his/her thinking process out on the mat. Decisions have to be made quickly, there is little time to think. I have always told our wrestlers that they need to drill their moves so when in competition they don't have to “think,” but rather “react.” It becomes instinctive in nature!

For individual tournaments, I suggest splitting up your coaching staff and assigning particular wrestlers to assigned coaches. These coaches may work more closely with these wrestlers with some desired technique they have good knowledge of, or maybe they are of similar size to wrestle with that particular wrestler. The bottom line is that wrestler needs to have confidence in what a particular coach is yelling instructions out at



**2021 High School National Showcase Finals** - 138 lbs. Brayden Ivy (Tennessee) with a double leg takedown on Tagen Jamison (Texas Pride Wrestling Club). Jamison won in sudden victory 8-6. Photo by G Wyatt Schultz.



# An Insider's View of Cutting Weight

By Nathan Moore

**“N**athan, it's time to weigh in,” states Coach Hartle. I race through my last few shots and sprawls, then jog into the locker room. As I stride up to the cold metal scale, fear grips my gut. Will I make the weight? I need to make this. My muscles shudder slightly as I stare down bleakly at the scale. I glance briefly up at my coach and teammates when I hear the weight checker announce “119.8 pounds”. Yes! I made it! “Let's go, we've got a duel to win,” announces Coach Hartle.

Cutting weight requires a mastery of mind and body; one must push past their mind's limits, sweat all doubts, and fears out, and become a champion of yourself. Cutting weight is difficult and many wrestlers are deterred from performing at a top level because of a fear of cutting weight. There are three main principles that can be applied to our mindset to help any wrestler be mentally prepared to challenge themselves and conquer their fears of cutting weight. These principles include that sweating is key, focus on learning your body and pushing yourself harder than you think you can. This knowledge will raise the confidence and ability to perform for any wrestler pursuing success in the sport.

Wrestling requires intense mental and physical strength to be successful at. As a sport that is already very strenuous, and one might question why “cutting weight” would be added on to a sport of such high intensity. Cutting weight allows a wrestler to get rid of unneeded water weight in their body, and even a little fat to be able to drop to a lower weight class; and be bigger and stronger than those that do not cut weight. Conclusively, the one that cuts weight is usually more exhausted than the other wrestlers, but mentally, they have worked harder to be there and have more to lose. The one who is stronger mentally and physically will not be conquered by exhaustion. This is the reason to cut weight. Success in wrestling takes sacrifice, and hard work in the three principles will help you achieve your wanted results.

## Steady Sweating

I see the heat bouncing off the desert sand and dry sidewalk. I tread softly, my body is running on autopilot today. I have two pounds of water weight to lose, and no energy left in the tank. I am equipped with a snow coat, a sweatshirt, two t-shirts, 2 sweatpants and two socks, jogging in 87-degree spring weather in southern Arizona. I imagine feasting on good foods and drinking much water, but this is not the reality. I am behind on cutting weight and this is my last day to cut weight before the match, and these dire measures are my last chance at making weight.

Sweating is crucial to cutting weight. Almost every ounce of weight that is cut comes from water weight. Sustained hard work

and determination, over a long period of time makes the process of cutting much simpler. Like the experience above, waiting until the last moment to cut is never a good idea. Continuous exercises or activities multiple times a day will keep the sweat going, creating a pattern of ongoing water weight loss.

Coach Hartle mentioned, “I always tell my wrestlers to keep moving, keep the blood flowing, steady sweating in the key.” This has been proven to me many times over my years of wrestling.

“Nathan,” my mother whispers, “it's time to get up.”

My eyes shoot open as I sit up in my bed. My chest and back drip with perspiration, yet I grin. I rub the sleep out of my eyes and check my watch which reads 5:30a.m., so I hop out of bed and I pace into the bathroom that was adjoined to my room. I take my sweatshirt and sweatpants off and threw them onto the floor. I then peel the garbage bag off my soaking chest and back. I grip the towel on the rack and dry up all the night's perspiration and step onto the scale. Every night during wrestling season I sleep with a trash bag on my chest a get about .4-.6 pounds of water weight each night. This is an example of “steady sweating” as well. Consistent efforts that even yield small results of weight loss at a time, are more reliable than waiting until the last day to work the weight off.

## Understanding Your Body

“Nathan! It's time for dinner,” announces my younger sister. I follow her downstairs and grab a seat at the table. We say our family prayer and then I watch as the other dish up their food and commence eating. Myself on the other hand, cannot afford to eat because I still have 0.7 lbs. before my tournament tomorrow.

“Can you eat anything?” inquires my father. “No, I cannot afford it right now.”

Experiences such as this were common in my first few years of wrestling. It is most imperative to learn your body's metabolism rate, and what helps you feel more energized, or lose weight faster. Not knowing that information can result in many meals and opportunities to eat, which leads exhaustion coming upon you faster the next day. I came to know my body better, what I can and cannot afford to do in preparation for tournaments and meets, which led to me being able to be energized for all my matches.

Like waiting until the last minute to cut all your weight, you cannot eat unhealthily all week and then eat salads the day before the match. The only time I would ever eat a carb heavy or high calorie meal was the day before my match and the evening of tournaments to recover. The other days I discipline myself to eat in small amounts, but with enough energy to support my body. Something that worked for me was snacking on blueberries or oranges usually throughout the day when I needed a boost of



ELEMENTARY AND 15 & UNDER

# NATIONAL RANKINGS

This elite group of wrestlers is comprised of five age groups and seventy-two weight classes. Each individual athlete's selection is based upon their performance in this Year's World of Wrestling's 2020 Kickoff Classic, 2021 Tulsa Nationals and the 2021 Reno Worlds.

## 6 & Under

### 37 lbs.

- Gunner Kelly, Lake Tapps, WA 35
- Liam Pao, Miami, FL 12
- Easton Wigington, Watonga, OK 11
- Kolby Pitzen, Monclova, OH 7
- Jayna Whitford, Laie, HI 6

### 40 lbs.

- Rivers Tahdoahnippah, Lawton, OK 27
- Trey Bell, Cleveland, TN 13
- Daniel Khachatryan, Fresno, CA 7
- Nathan Diaz, Madras, OR 5
- Jett Seson, Kaneohe, HI 4
- Jayden Benedict, Tulsa, OK 4

### 43 lbs.

- Kohyn Deputy, New Paris, PA 13
- Cipriano Duran, Ault, CO 10
- Kaiden Galindez, Brownstown, MI 10
- Hagan Wolfenberger, Tulsa, OK 8.5
- Brady Jacobs, Stevensville, MI 7

### 46 lbs.

- Julian Lawrence, Tulalip, WA 35
- Aiden Orbeta, Chula Vista, CA 24
- Nickolas Patterson, Wallkill, NY 18
- Robert Frey, Choctaw, OK 7
- Drew Dillon, Fresno, CA 6

### 49 lbs.

- Liam Reeves, Nazareth, PA 39
- Luke Taussig, Overland Park, KS 11
- Boaz Diaz, Waverly, IA 10
- Jaxton Coyer, Baroda, MI 7
- Tate Russell, Lubbock, TX 3

### 52 lbs.

- Cael Marcotte, San Diego, CA 35
- Jack Blair, Lincoln, NE 15
- Liam Batres, Porterville, CA 14
- Bransen Weber, Sparta, WI 7
- Cael Danielson, Fort Worth, TX 6.5

### 55 lbs.

- Chase Courter, Albion, MI 18
- Korbin Akerson, Valley, NE 14
- Seth Glover, Vian, OK 14
- Tanner Mccray-Bey, Dundalk, MD 11
- Mason Pasternak, Crown Point, IN 9

### 60 lbs.

- Antonio Aguilar, Fresno, CA 37
- Jaxon Roller, Bixby, OK 18
- Skyler Rainey, Kansas City, KS 7
- King Robinson, Tulsa, OK 6
- Everett Murtha, West Des Moines, IA 5

### 70 lbs.

- Bronc Sumpter, Vian, OK 27
- Kyper Graaf, Humboldt, IA 14
- John Thomas, Boone, IA 10
- Carson Carter, Titusville, FL 8
- Diezel Russell, Winfield, KS 5

### HWT.

- Barrett Redeagle, Salina, OK 21
- Weston Perkins, Talala, OK 21
- Jaxon Sconyers, Poteau, OK 8
- Titus McGuire, Watonga, OK 6
- Aidan Esquivel, Diamond Bar, CA 4
- Iv Hilliard, Omaha, NE 4

## 8 & Under

### 43 lbs.

- Channing Bowman, Weatherford, OK 35
- Lane McClintock, Fort Dodge, IA 21
- Aukai Woode, Nanakuli, HI 5
- Kross Greer, Salina, OK 5
- Brock Taylor, Clarksville, PA 4

### 46 lbs.

- Richard Flores Jr., Denver, CO 24
- Jacob Graber, Northfield, MN 24
- Landon Martinez, Bartlesville, OK 8
- Lucas Schuman, Honesdale, PA 5
- Kyrie Melgoza-Wehner, Tabor, IA 4
- Landon Edwards, St. Louis, MO 4

### 49 lbs.

- Urijah Gomez, Denver, CO 27
- Steve Mytych, Exeter, PA 21
- Korbin Kiessling, Hughesville, MD 11
- Knox Chavez, Commerce City, CO 10
- John Martinez, Denver, CO 7

### 52 lbs.

- Joseph Cervantes, Fresno, CA 18
- Matthew Campos, Fresno, CA 13
- Cameron Smith, Detroit, MI 9
- Tanner Baxter, McKinleyville, CA 6
- Lealani Valdez Northglenn 5

### 55 lbs.

- Dane Malone, Clarks Summit, PA 35
- Cameron Rodgers, Chaska, MN 23
- Cohen Archibald, Gold Hill, OR 10
- Lennox Pao, Miami, FL 8
- Hayes Daniel, Bentonville, AR 6
- Nathan Nelson, Saint Michael, MN 6

### 58 lbs.

- Paxton Terry, Omaha, NE 23
- Jett Foster, Pine Island, MN 15
- Colton Everett, Ida, MI 13
- Cameron Ramp, Colfax, IL 9
- Shion Holmes, St. Louis, MO 3
- Blake Tuttle, Boones Mill, VA 3
- Daniel Lozano, Hemet, CA 3

### 61 lbs.

- Cruz Evans, Prineville, OR 27
- Kai McDonald, Atkins, IA 24
- Julian Smith, Millstone, NJ 7.5
- Chase Morgan, Larksville, PA 5
- Kash Clementi, Slidell, LA 4

### 64 lbs.

- Jaden Washington, Flossmoor, IL 37
- Jaxson Bowman, Batavia, OH 14
- Jude Justice, Atlanta, GA 14
- Jaxon Gillespie, Oregon City, OR 12
- Rocco Dominguez, Fresno, CA 6



# WORLD of Wrestling

## 67 lbs.

1. Cru Foster Lindsay, OK 21
2. Jacob Brautigam, Jackson, MI 18
3. Tucker McLennan, Princeton, MN 11
4. Case Freeman, Clive, IA 10
5. Ashur Whitmer, North Liberty, IA 8

## 70 lbs.

1. Mikeil Marshall, Wichita, KS 23
2. Brock Argo, Edmond, OK 13
3. Kellan Spisok, Fairbury, IL 9
4. Michael Brady, Churchville, PA 7
5. Dalton Bruxvoort, Leighton, IA 5

## 75 lbs.

1. Kaiden Skodak, Lansing, MI 27
2. Noah Bartkowicz, Albany, MN 15
3. Marco Hutcherson, Vandergrift, PA 14
4. Romen Cruz, Tucson, AZ 7
5. Lachlan Robideau, Saint Michael, MN 6
5. Jaxon Fincher, Columbia, MO 6

## 85 lbs.

1. Whitley Wilscam, Andover, KS 42
2. Bentley Hawkins, Springport, MI 12
3. Jaxon Petersen, Scribner, NE 8
3. Kimorah Cathey, Broken Arrow, OK 8
5. Jett Sisemore, Jenks, OK 7

## 100 lbs.

1. Rico Silvestre, Chicago, IL 24
1. Rylan McKenney, Milford, MI 24
3. Gaige Wessley, Maize, KS 8.5
4. Levi Bullerman Jr., Marshall, MN 7
5. Oliver Herrold, Granger, IA 4

## HWT.

1. True Woods, Albuquerque, NM 27
2. Michael Gilinsky, Medford, OR 21
3. Major Pierce, Providence Village, TX 11
4. Kaylee Thompson, Mulvane, KS 7
5. Bralen Morgan, Tulsa, OK 5
5. Brett Pickup, Salina, OK 5

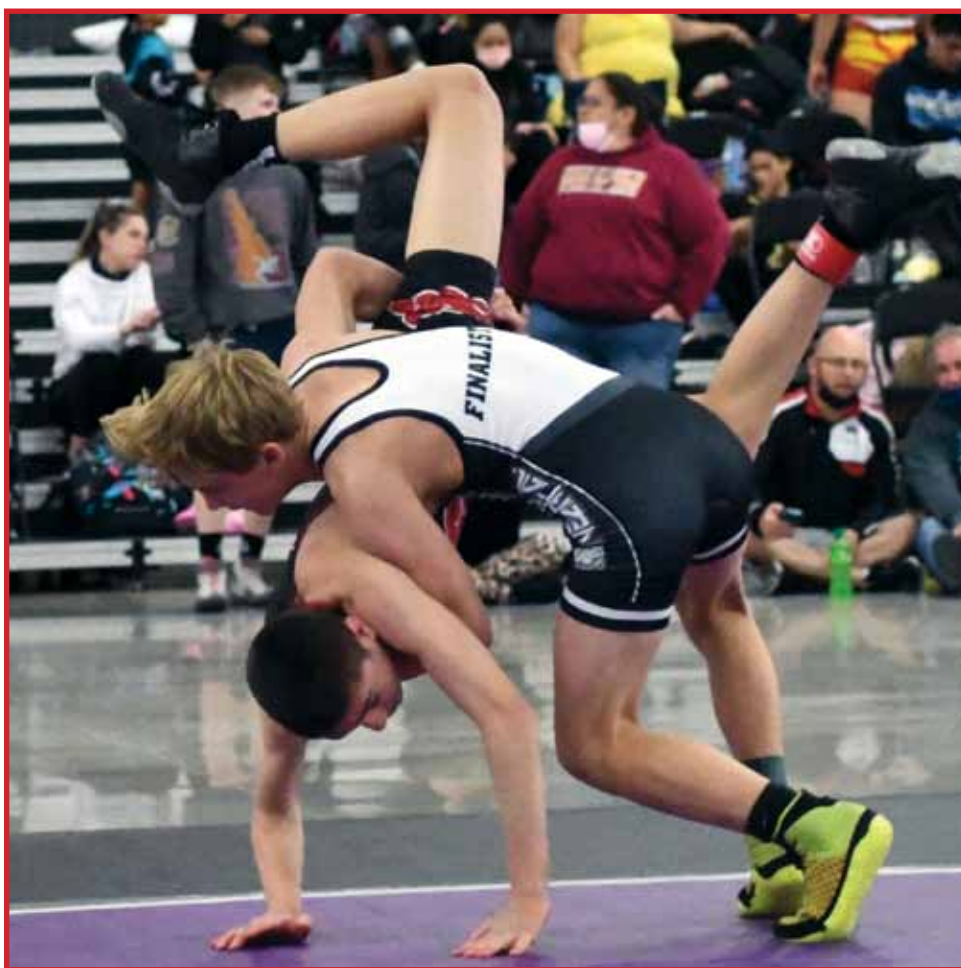
## 10 & Under

### 52 lbs.

1. Nelson Villafane III, Taylor, PA 23
2. Michael Nicosia, Canadensis, PA 15
3. Knox Ayala, Fort Dodge, IA 13
3. Leonidas Murillo, East Meadow, NY 13
5. Jaden Uhde, Townsend, DE 5

### 55 lbs.

1. Slate Bayona, Clovis, CA 20
2. Rylan Sandoval, Ponca City, OK 18
3. Jace Rooney, Great River, NY 13
4. William Craig, Mcloud, OK 5
5. Elijah Reyes, Payette, ID 4



**2021 World of Wrestling Reno Worlds - 15 and Under 108 lbs.** Richie Clementi (Louisiana) finishing a takedown on Jaysen Rodriguez (Oregon). Clementi won by major decision 9-0. Photo by Joey Bales, 7C's Photography.

### 58 lbs.

1. Royce Beal, Hudson, MI 29
2. Michael Bernabe, Fresno, CA 24
3. Rylan Wax, South Bloomingville, OH 14
4. Camron Smith, Manchester, PA 13
5. Jaxon Kraemer, Rockwall, TX 6

### 61 lbs.

1. Carter Smith, Detroit, MI 35
2. Shiloh Joyce, Elizabeth, NJ 21
3. Ariaiah Mills, Atlanta, GA 15
4. Hogan Rice, Campton Hills, IL 7
5. Rocco Palillian, Thornton, CO 4
5. AJ Kane, Newtown, PA 4

### 64 lbs.

1. Koooper Deputy, New Paris, PA 18
2. Lincoln Valdez, Thornton, CO 10
3. Jaxon Sanchez, Laguna Hills, CA 8
4. Jaegar Romannose, Clinton, OK 5
5. Joey Cady, Winona, MN 4

### 67 lbs.

1. Cohen Reer, Norwalk, OH 35
2. Arcadius Cruz, Orting, WA 14
3. Liam Jennett, Madrid, IA 6
4. Alex Marchetti, Waverly Township, PA 5
4. Jackson Smith, Moore, OK 5
4. Peyton Boston, Ban Buren, AR 5

### 70 lbs.

1. Rocco Lombardo, Glen Mills, PA 27
2. Brody Villa, Lakewood, CO 17
3. Cale Richardson, Edmond, OK 13
4. Elijah Castanon, Miami, FL 12
5. Roman Tuttle, Boones Mill, VA 5

### 73 lbs.

1. Tyler Conzo, Smithtown, NY 27
2. Blake Nevils, Bentonville, AR 21
3. Jaxten Bowler, Cedar City, UT 20
4. Vinny Ferrari, Allen, TX 12
5. Levi Halbert, Omaha, NE 5



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sales@cliffkeen.com