

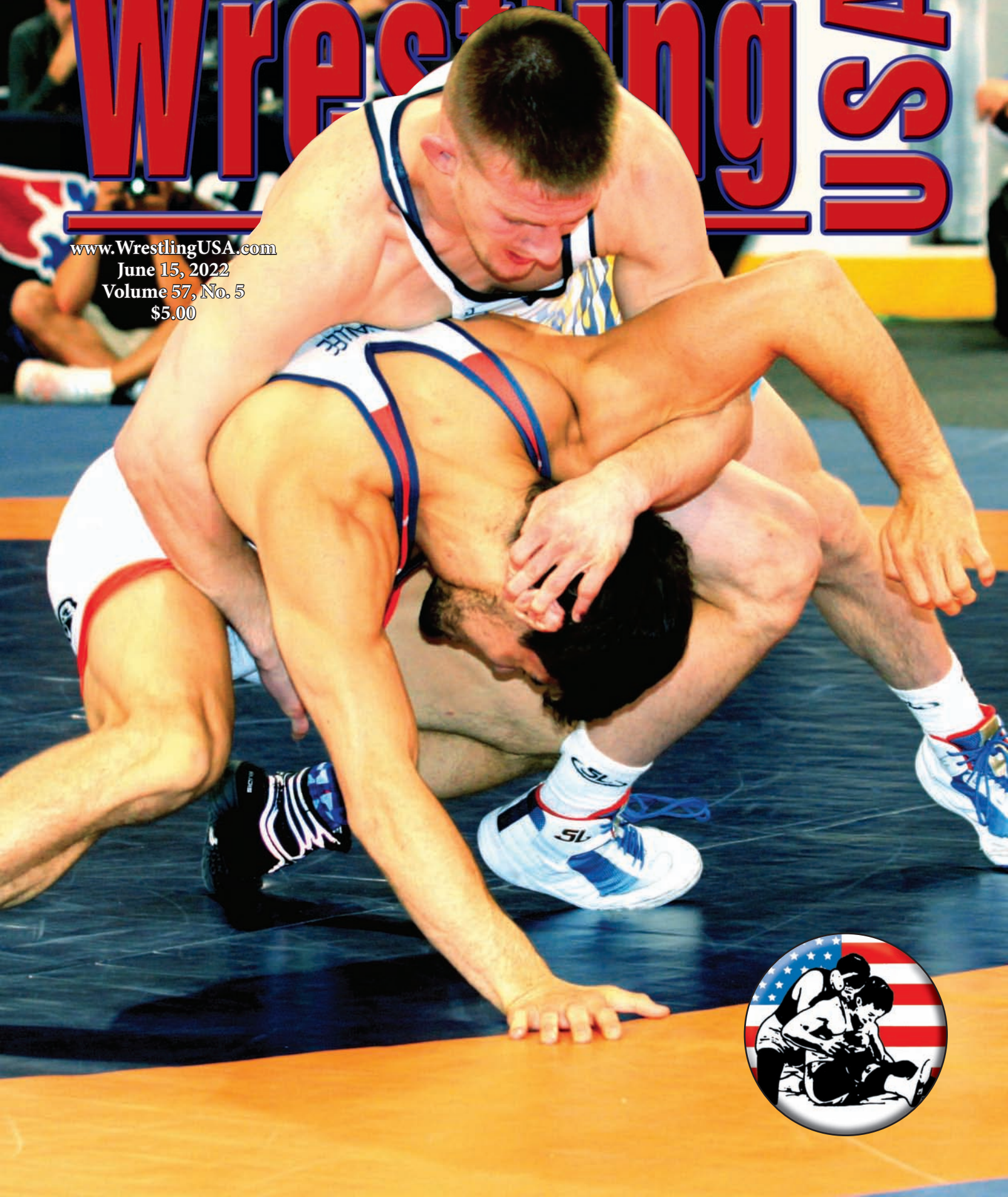
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The Joys of Travel

By Cody Bryant, Managing Editor

Our dad started wrestling when he was in Junior High back in the 1950s in Colorado Springs, Colorado. It was a sport that he fell in love with, and almost 70 years later that passion has never faded. My older brother started in kindergarten in Wyoming and I started in 2nd grade when we moved to Montana. I would go to my dad's dual meets at Hellgate High School, but my friends and I would go to the wrestling room and play dodge ball with the mat tape that they would stick on the walls or floor to reuse after the matches. I don't know if dad ever figured it out why they went through so much mat tape. My oldest sister had a little cheerleader outfit and would cheer mat side when she was 4 or 5 years old in Wyoming during dual meets. LanAnn, of course, was a cheerleader in high school, but also a wrestling manager (Mat Maid). My two younger sisters got involved in gymnastics at an early age, and for the most part were just tag alongs when it came to wrestling. Actually my sister Lady did wrestle and was more than likely the first girl to ever wrestle in the state of Montana in AAU. Now Mom was all about wrestling in every aspect you could imagine. She was that ultimate supporter over the years, making sure we all had everything we needed to survive the long tournaments and the thousands of miles we traveled across the country. She almost never missed a match in Dad's 55 years of coaching wrestling. She even traveled to other countries to keep our Dad in line, which we kids know is still a full-time job to this day!

Dad was instrumental in getting the AAU started in both Wyoming and Montana, and ran *Scholastic Wrestling News*, so travel was a given. Getting my brother LaMonte and me involved in wrestling, I think gave Dad a little more of an incentive to turn our wrestling trips into a vacation. No fancy hotel, on a teacher's salary and five kids, that's for sure. But Dad did sacrifice his 1929 Model-T to buy a travel trailer and off we would go traveling the United States for wrestling. Dad loved the Northwest for hunting and fishing, so those summer days of travel always included a campground and fishing. Dad always sent LaMonte and me downstream, and he always went upstream. It took several years later for my brother and me to figure out that going upstream was always best for fishing. I can't say that wrestling didn't make Dad competitive!

I always thought that Dad lived wrestling 24/7, building those great teams in Wyoming and Montana, and working on *The Magazine*, and traveling all over the country for the sport. The truth of the matter was Dad valued family very much, and he always made our wrestling trips an adventure. For the Bryant Family, wrestling and vacation went hand in hand with all the states we traveled, if not for the sport of wrestling. I don't know if you can get much closer than seven of us in a trailer for the summer. Thank goodness as our family grew, so did our trailer.

I will always cherish traveling down the Pacific Coast Highway, swimming (floating) in the Great Salt Lake, the heat of the Las Vegas Strip, having the opportunity to compete in the National Sports Festival in Indianapolis, and the list goes on and on. If it wasn't for wrestling, many of those opportunities may not have ever happened.

As I look back over the last couple of years, it's so nice to see that wrestling is back to normal. Wrestling families all over the country have the chance to travel and take in some of the best tournaments around, to enjoy the sport like it deserves to be enjoyed. For the coaches, there are so many benefits to watching their team compete with some of the best wrestlers in the country. Most importantly, having the love and support of family brings joy to our wrestling travels. As we begin summer, let us all be thankful for the travels and opportunities this great sport gives us!

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:10

As Always, let's be "On The Go Together,"

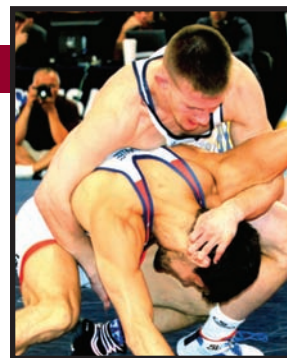
Cody

COVER PHOTO

World Team Trials Challenge Tournament Finals - 74 kg. Jason Nolf (Nittany Lion WC/TMWC) won two straight victories over Joey Lavallee (Lehigh Valley WC/TMWC) by technical fall, 12-1 (3:28) and 14-3 (4:41). Photo by Johnnie Johnson.

NATIONAL ACTION WRESTLING PHOTOS

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



Wrestling USA Magazine

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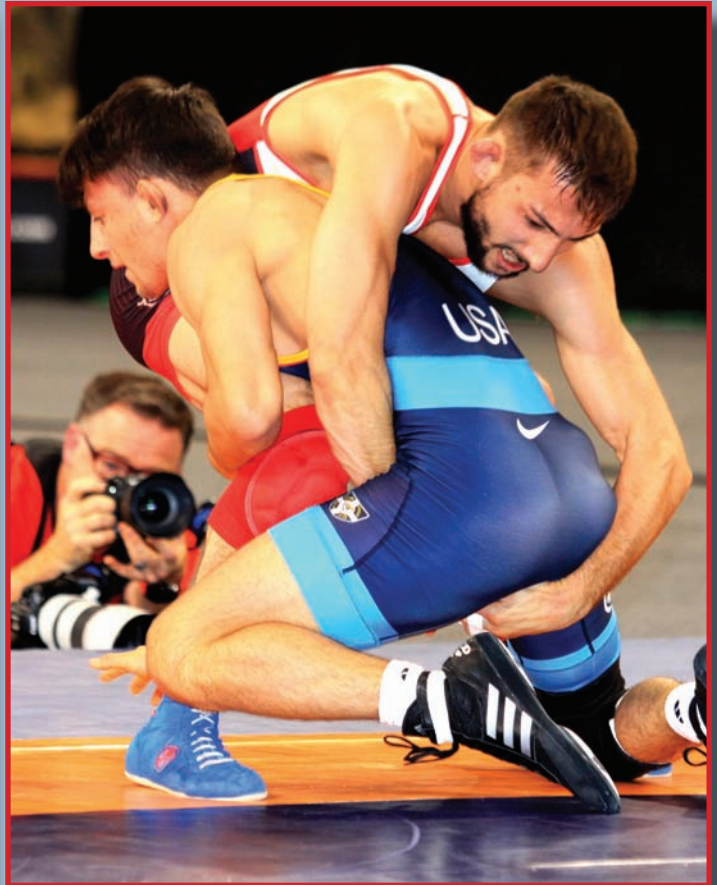
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World Team Trials Challenge Tournament Finals - 50 kg. Alyssa Lampe (Sunkist Kids WC) with a two match sweep on Erin Golston (NYAC). Lampe won 10-9 first match and secured a pin in the second match in 1:07. Photo by Johnnie Johnson.



World Team Trials Challenge Tournament Finals - 57 kg. Vito Arujau (Spartan Combat WC/TMWC) won two straight matches with technical falls. Arujau won the first match with a 10-0 win and finished off the second match with a 13-0 win. Photo by Johnnie Johnson.

NATION'S BEST 2021-2022 HIGH SCHOOL

ALL-CLASS RANKINGS

By Dan Fickel

Editor's Note: Here are final rankings of the Nation's Best 2021-22 High School Wrestlers. These rankings represent wrestlers regardless of year in school. Ten factors, which considered the overall accomplishments of the wrestlers, were used in determining these rankings. They include: (1) Accomplishments 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) UWW Cadet and 16U National Championships; (6) FloWrestling Who's #1; (7) Pittsburgh Wrestling Classic; (8) Rudis Super Match 1, (9) U17 Freestyle World Team Trials, (10) U20 Freestyle Nationals. Some wrestlers did not compete during the 2021-22 high school regular season for a variety of reasons, but are still listed because of their previous in-state high school accomplishments and national credentials. **Rankings were finalized on 5-12-22.**

106 lbs. **TOP RANKED** **Beric Jordan, 10** **St. Paris Graham, Ohio**

- Adrian DeJesus, 9, (St. Peter's Prep, NJ)
- Nathan Desmond, 9, (Bethlehem Catholic, PA)
- Anthony Mutarelli, 9, (Malvern Prep, PA)
- Christian Castillo, 9, (Valiant College Prep, AZ)
- Seth Mendoza, 9, (Mount Carmel, IL)
- Isaiah Quintero, 10, (El Dorado, CA)
- Mack Mauger, 10, (Blackfoot, ID)
- Aaron Seidel, 9, (Northern Lebanon, PA)
- Louie Gill, 10, (Hickory, PA)
- Isaiah Cortez, 9, (Gilroy, CA)
- Christopher Kiser, 10, (Ponca City, OK)
- Edwin Sierra, 9, (Poway, CA)
- Christian Forbes, 12, (Broken Arrow, OK)
- Canon Acklin, 10, (Collinsville, OK)
- Ronnie Ramirez, 9, (Walnut, CA)
- Nikade Zinkin, 9, (Clovis, CA)
- Gage Singleton, 10, (Roseburg, OR)
- Dedrick Navarro, 11, (Nampa, ID)
- Layne Kleimann, 9, (Mountain Ridge, UT)
- Matthew Dolan, 11, (Spring Mills, WV)
- TJ Koester, 9, (Bettendorf, IA)
- Dru Ayala, 10, (Fort Dodge, IA)
- Blake Beissel, 10, (Hastings, MN)
- Sebastian Degennaro, 9, (Jensen Beach, FL)
- Jake Hockaday, 9, (Brownsburg, IN)
- Carson Dupill, 9, (Greeneville, TN)
- Nathan Smith, 12, (Southport, IN)
- Kolter Burton, 10, (American Falls, ID)
- 30T. Isaiah Kainoa Medina, 12, (Vacaville, CA)
- 30T. Deion Johnson, 11, (Homewood-Flossmoor, IL)
- 30T. Roman Lerner, 10, (Tampa Jesuit, FL)
- 30T. Carter Pearson, 9, (Southeast Polk, IA)

Special Mention:

- Jamarcus Smith, 12, (Detroit Mumford, MI)
Eren Sement, 9, (Council Rock North, PA)
Luke Willochell, 9, (Greater Latrobe, PA)
Stockton Allen, 9, (Pawnee, OK)

- Zane Donley, 10, (Vinita, OK)
Hank Benter, 9, (Hickman, MO)
Treshaun Tecson, 10, (Cascia Hall, OK)
Patrick O'Keefe, 9, (St. John Vianney, NJ)
Brian Melamud, 10, (Bergen Catholic, NJ)
Cole Evans, 9, (Perrysburg, OH)
Logan Wadle, 11, (North Hunterdon, NJ)
Tucker Bowen, 10, (Soda Springs, ID)
Tyson Roach, 10, (Sam Houston, LA)
Jace Hedeman, 9, (Union, IA)
Dillon Perdue, 10, (Independence, WV)
Dale O'Blia, 10, (Mullen, CO)
Musa Tamaradze, 10, (West Springfield, MA)
Ayden Smith, 10, (Notre Dame GP, PA)
Adam Butler, 10, (St. Edward, OH)
Jacob Ohl, 10, (Ontario, OH)

113 lbs. **TOP RANKED** **Joey Cruz, 12** **Clovis North, California**

- Anthony Knox, 9, (St. John Vianney, NJ)
- Marcus Blaze, 9, (Perrysburg, OH)
- Kael Lauridsen, 11, (Bennington, NE)
- Leo Deluca, 9, (Blair Academy, NJ)
- Zach Jacaruso, 11, (Delaware Valley, PA)
- Cooper Hilton, 9, (Wyoming Seminary, PA)
- Dominic Mendez, 12, (Righetti, CA)
- Nick Corday, 12, (Baylor School, TN)
- Brogan Tucker, 9, (St. Paris Graham, OH)
- Codie Cuerdo, 12, (Aurora, OH)
- Hunter Taylor, 10, (Liberty, MO)
- Brandon Morvari, 11, (Simley, MN)
- Daniel Guanajuato, 12, (Valiant College Prep, AZ)
- Kaelyn Williams, 10, (Manheim Township, PA)
- Tommy Link, 11, (Malvern Prep, PA)
- Jackson Blum, 9, (Lowell, MI)
- Jameson Garcia, 11, (Marmion Academy, IL)
- Billy Smith, 12, (Sandusky Perkins, OH)
- Isiac Paulino, 12, (Monty Tech, MA)
- Nick Treaster, 11, (Newton, KS)

- Drew Garfield, 12, (Central City, NE)
- Gavin Bradley, 12, (Athens, PA)
- Elijah Cortez, 9, (Gilroy, CA)
- Ray Ray Harris, 11, (Buchanan, CA)
- Tyler Chappell, 11, (Seneca Valley, PA)
- Nolan Ambrose, 10, (Jackson County Central, MN)
- Brandon Wentzel, 11, (Montoursville, PA)
- Gauge Botero, 9, (Faith Christian, PA)
- 30T. Koda Holeman, 12, (Clovis, CA)
- 30T. Max Hermes, 11, (Milan Edison, OH)
- 30T. Kade Blume, 10, (Roland-Story, IA)
- 30T. Cole Campbell, 9, (Bethlehem Catholic, PA)

Special Mention:

- Preston Spray, 12, (Wisconsin Rapids Lincoln, WI)
Wyatt Skebba, 11, (Hortonville, WI)
Carson Wagner, 11, (Northampton, PA)
Sergio Vega, 9, (Sunnyside, AZ)
Cael Nasdeo, 11, (Williamsport, PA)
Ashton Jackson, 11, (LaPorte, IN)
Evan Dickey, 12, (Cathedral, IN)
Reid Spurley, 10, (Dodgeville, WI)
Joseph Manfredi, 10, (Herricks, NY)
Glon Sims, 11, (Joilet Catholic, IL)
Ben Bast, 11, (West Bend West, WI)
Jackzen Rairden, 10, (Thompson Valley, CO)
Koufax Christensen, 10, (Waukee Northwest, IA)
Blake Gioimo, 11, (Cedar Rapids Prairie, IA)
Cooper Shore, 11, (Miami East, OH)
Tyler Washburn, 11, (Palmetto Ridge, FL)
Cameron Stinson, 10, (Mallard Creek, NC)
Jay Peace, 10, (Cane Bay, SC)
Bryson Valdez, 10, (Aztec, NM)
Keyan Hernandez, 10, (Billings West, MT)

120 lbs. **TOP RANKED**

Marc-Anthony McGowan, 11 **Blair Academy, New Jersey**

- Braeden Davis, 11, (Dundee, MI)
- Luke Lilledahl, 10, (Wyoming Seminary, PA)
- Ben Davino, 10, (St. Charles East, IL)
- Zan Fugitt, 11, (Nixa, MO)

An Open Letter to an Aspiring Official

By William A. Welker, Ed.D.

In this article, I want to share with you my open letter of advice to an individual who sincerely wants to be a successful wrestling official. Read it carefully.

Hi Eric,

So you want to be a wrestling official. First and foremost, you must contact your local wrestling officials' board secretary to find out what he needs you to do. If you don't know who he is, then contact your state high school athletic association office. They will tell you who to contact in your area and what it entails. Below are the officiating tips you requested:

My Ten Personal Tips to Succeed as a Wrestling Official

- Read the rule book (including photos) and case book in detail from cover to cover.
- Study and rehearse, by a mirror, all the official "signal" mechanics illustrated in the back of the rule book.
- Make it a point to watch experienced, successful officials and take notes. Furthermore, when you do start refereeing, have these same officials critique your performances on the mat.
- Before the season starts, go to various schools and referee wrestle-offs. Then ask the coaches how you did and if there are areas in need of improvement.
- Start off officiating at the junior high/middle school level. Unlike the youth level, you will be dealing with coaches who have state association "rules of conduct" they must follow. Too often at the youth level, you have father coaches who go "ballistic," don't follow rules of conduct, and often chase young officials away from the refereeing ranks.
- When making close calls as an official, never look at the coaches for approval.
- If you award points too soon, it's okay to wipe them off. Good coaches admire officials who do so.
- If you totally "blow" a call you can not fix, do not become defensive with the coach when he asks for a conference at the score table. In fact, your best bet is to admit the mistake. Not only will the coach respect your admission, but he will respect your honesty.
- Keep in mind, no two officials will ever call stalling in the same manner; it's too subjective of a call. The key: "Be Consistent" when signaling stalling; in other words, don't call it quick one match and slowly the next bout. There is one exception - Heavyweights - they wrestle much slower and often it is best just to allow them to decide the match.

Consistency is also important in all areas of wrestling: takedown and reversal control, line calls, falls, etc. In essence, you must demonstrate overall "consistency" throughout the entire match.

• Finally, I believe in the "Three Fs" - Be Friendly, Be Fair, and Be Firm. If you follow the above suggestions, you will most definitely enjoy the avocation of officiating wrestling.

Sincerely -- Bill Welker

Dr. Bill Welker, Wheeling, West Virginia, was awarded the National Federation of State High School Associations (NFHS) Mideast Section All-Sports Distinguished Officials Award. He served as the West Virginia Secondary School Activities Commission wrestling rules interpreter, clinician and supervisor of state tournament officials for 28 years and was a member of the NFHS Wrestling Rules Committee for a four-year term.



World Team Trials Challenge Tournament Finals - 55 kg. Jacarra Winchester (USOPTC/TMWC) with a two-match sweep over Lauren Mason (Brunson UVRTC). Winchester won the first match 10-0 technical fall, followed by a 10-6 decision. Photo by Johnnie Johnson.

Idaho's Chris Owens Setting the Precedent in the Gem State

Director of Operations for Idaho USA Wrestling

By Al Fontes

The Owens surname has been well known within the Idaho wrestling circles and throughout the nation for many decades. In the 1980s, the Owens brothers, Lance, Chris, and Pat, won a combined six Idaho state titles at Skyline and Idaho Falls High Schools. The next generation continued the Owens' family tradition with Chris' son Taylor winning a 5A state title in 2015 for Borah High School in Boise and his nephew Preston (Pat's son) winning a 5A title for Kuna High School in 2021. Additionally, both Taylor and Preston each earned two All-American honors at the Fargo Nationals (2013 thru 2019), where Taylor also earned collegiate level All-American honors at the National Association of Intercollegiate Athletics (NAIA) Nationals for Embry-Riddle Aeronautical in 2020. Fast forward to 2022 and the state of Idaho is consistently making its mark on the national scene with exceptional performances at the Folkstyle and Fargo Nationals, to name a few. The leader behind this charge is Chris, an effective component of the Idaho USA Wrestling coaching staff since 1995. Winning two state titles for Skyline H.S. and another two at Idaho Falls H.S., Chris became the first wrestler in the 5A division to win four state titles and finished his prep

career with an undefeated 123-0 record (1985-'88). Wrestling for National Hall-of-Fame and Olympic Coach Cliff Laughlin at Idaho Falls, Chris capped his senior season with a victory at the prestigious Dapper Dan All-Star Classic in Pittsburgh, PA, representing Team USA versus Pennsylvania All-Stars in 1988 and also earned freestyle All-American honors at the Junior Freestyle Nationals (finalist). Continuing his mat career at Oklahoma State, Chris wrestled for Hall-of-Fame and Olympic Coach Joe Seay, earning two All-American honors for the Cowboys and reaching the championship finals in 1992. Post college, Chris returned back to his home state of Idaho and became an assistant coach at Boise State University. He integrated himself into the Idaho wrestling scene, where today he works continuously building the Gem State into a force to be reckon with on a national level.

"I coached Chris from an early age. He was always committed to the sport, to excellence, and has given back so much to the sport and to the coaches and wrestlers of Idaho."

- Cliff Laughlin



Chris Owens at last year's Fargo Camp with team Idaho that would produce an all-time state record with 24 All-Americans, surpassing the previous record by nine. Photo by Al Fontes.

THE GRANBY ROLL

AS TAUGHT BY BILLY MARTIN, SR.

By Sheldon Zablou, MD

The Granby Roll is one of the most dramatic, high point award wrestling moves in collegiate (folkstyle) wrestling. The Granby shoulder roll is an offensive move made from the defensive (bottom) position that can result in a five-point award (two for a reversal, three for a near fall) or a pin. The roll can be initiated from the sit-out position, the referee's position, or standing when held from behind. It is rarely used in international (freestyle) wrestling because rolling across the shoulders would award two points to the opponent.

HISTORY

The Granby roll was developed over many years at Granby High School in Norfolk, Virginia by Wrestling Hall of Fame coach Billy Martin, Sr. and his wrestlers. Coach Martin cultivated one of the leading high school wrestling programs in the country, winning over twenty consecutive State Championships while developing many state champions, All-Americans, collegiate champions, Olympic contenders, and Olympic champion, Gray Simons. Somebody once said, "Learning the Granby Roll from Billy Martin is like learning basketball from James Naismith."

The Granby roll started out as a simple forward roll from the bottom referee's position to escape. The key to further development of the roll was always in response to the offensive wrestler's response to the current version of the move. When opponents tried to stop the forward roll by holding onto the waist, this forced the bottom wrestler to roll across their shoulders to get

an escape. Opponents tried to stop this new move by holding onto the waist more firmly. This led the bottom wrestler to grab the opponent's wrist for leverage and hold on throughout the roll, ending with the top wrestler now on the bottom on their back in a near-pin.

Opponents named the move, shouting during matches, "Watch out for the Granby!" which Coach Martin then used to label the move. As opponents tried various ways to counter the Granby, a progression of responses was developed by Martin and his wrestlers called the Granby Series.

THE GRANBY ROLL SETUP

The shoulder roll described will be the basics as taught by Coach Martin and his senior wrestlers to me and others in the mid-sixties. While it seems like a lot of detail, it is these specifics discovered by several generations of wrestlers that made the move work and made it teachable. With practice, the parts of the move will fall into place making one smooth motion like a complex gymnastic move.

From the referee's position, the bottom wrestler's head is pointing toward twelve o'clock on an imaginary clock on the mat, with the top wrestler on their left. Before the whistle is blown, weight is distributed evenly on the hands and knees (four-point stance) with a light touch of the toes, while the elbows are slightly bent.

The setup begins in rapid succession over one second. After the whistle is blown, the elbows are popped straight to get the top wrestler's weight off



2022 Iowa High School State Wrestling Championships Class 1-A - 113 lbs. Reanah Utterback (Sigourney-Keota) with an arm bar on Block Shaha (Mount Ayr). Utterback lost by decision 7-1, but became the sixth female to qualify for the Iowa High School Boys State Wrestling Championships. Photo by Johnnie Johnson.

Scholastic National Wrestling Records

By Cody Bryant

Proposals for new records should be sent to:
Cody Bryant
Wrestling USA Magazine
101 Briar Ln
Pass Christian, MS 39571

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)
- 40 Bismarck, ND (1960-2022)*
- 35 Bennington Mt. Anthony Union, VT (1969-2022)*
- 35 Delta, UT (1955-2019)
- 35 Lakewood St. Edward, OH (1978-2022)*
- 35 Tucson Sunnyside, AZ (1979-2022)*
- 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

- 33 Bennington Mt. Anthony Union, VT (1989-2022)*
- 25 Paulsboro, NJ (1983-2007) Dual Meet Format
- 21 St. Paris Graham, OH (2001-2022)*
- 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

- 252 New Orleans Holy Cross, LA (1945-2022)*
- 239 Bennington Mt. Anthony Union, VT (1969-2022)*
- 180 Bismarck, ND (1960-2022)*
- 178 Perry, OK (1925-2022)*
- 173 Delta, UT (1951-2022)*
- 158 Parkersburg, WV (1948-2020)
- 127 New Orleans Brother Martin, LA (1972-2022)*
- 124 Brandon, FL (1974-2022)*
- 124 Aztec, NM (1959-2022)*
- 117 Lakewood St. Edward, OH (1978-2022)*
- 112 Tuttle, OK (1988-2022)*

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)

THE CREATIVE WRESTLER

By William A. Welker, Ed.D.

When observing wrestlers' execution of moves, there is one exception regarding the evaluation of wrestlers during practice. And that is a participant's "Individual Wrestler Creativity". Allow me to explain.

To be a perceptive coach, you must have the wisdom to accept the "uniqueness" of all wrestlers on your team. In fact, you will sometimes need to develop a "compromising attitude" when interacting with your athletes. Consider the following.

When your wrestlers begin to perfect their "essential" wrestling skills, you may witness a wrestler who is adding a subtle variation to a specific move learned. Furthermore, he is experiencing a high degree of success with the maneuver.

Should you stop it? No. As long as the variation is, for the most part, fundamentally sound, let it be. Occasionally, a slight modification of a move may, in fact, be very appropriate for the body-type of a specific wrestler. However, should a move-variation consist of a bad habit that could potentially get the wrestler in trouble, do not hesitate to break him of it. On the other hand, if the wrestler is experiencing success in competition, accept the uniqueness of his move.

Individual wrestler creativity can also be a valuable learning experience for the coach. A good analogy would be a high school math instructor who showed his class how to solve some problems assigned for homework. As he was checking papers the next day, the teacher found that one student devised his own alternative method for solving the problems, which

was also fundamentally sound. Thus, both the teacher and student learn from the interaction. Such is often the case when coaching wrestlers with unique physical abilities. The following is a vivid example of such wrestler individuality.

THE WELKER KNEE PANCAKE TAKEDOWN

Before explaining the Welker Knee Pancake maneuver, I want to share with you the origin of the maneuver. While a high school wrestler, I developed and perfected the knee pancake during practice. I was highly successful executing the knee pancake in competition. In fact, even though many of my opponents were aware of it and prepared to counter it, I still surprised them with the knee pancake during dual meet and tournament competition.

My high school wrestling coaches never taught it; I just learned to utilize it on my own during practice. Since the move was fundamentally sound and not a high-risk maneuver, they had no problem accepting it as part of my takedown repertoire.

In truth, the Welker Knee Pancake is an example of "Individual Wrestler Creativity" that worked for me. Allow me to share and demonstrate the move for future wrestlers who may find the same success as I did.



Iowa Girls State Wrestling Championships - 125 lbs. Ella Schmit (Bettendorf) working to finish a takedown on Rylee Vercande (Williamsburg). Schmit won by pin in 2:55. Photo by Johnnie Johnson.