



## Coaches Corner



- Alex Thomas in the Clarion Eagle mascot suit for the A.L.F. Parade

Clarion University Wrestling on FACEBOOK



### CLARION CLASSIC - November 7, 2010

- Middle and High School wrestlers
- 103,112,119,125,130,135,140,145,152,160,171,189,215,285
- Check-in 8-9AM, Sunday, Nov. 7, 2010 @ Clarion Rec Center
- \$40 payable by credit card @ [www.clarionwrestling.com](http://www.clarionwrestling.com)
- Additional Questions - contact Kyle N. Smith at (585) 610-3818 or by email at [wrestling@clarion.edu](mailto:wrestling@clarion.edu)

## Volunteering

- **Clarion University Golf Outing** - Tyler Bedelyon, Steven Cressley, Nick Milano, Alex Thomas, Colby Pisani, Ryan Darch, Bekzod Abdurakhmonov, Dalton Lester, and Cameron Moran
- **Junior Olympics** - Colin Checkan, Kyle Braddock, Ryan Darch, and Trey Hicks
- **Women's Guild Event** - Steven Cressley, Clint Podish, Dalton Lester, and Jacob Freeman
- **A.L.F. Clarion Mascot** - Alex Thomas

-125 **Trey Hicks** and **Thomas Gowing**. Gowing is a transfer from Southwest Oregon Junior College.

-133 **Jay Ivanco**, **Joe Waltko** and **Devin Cook** will battle for starting time. **Juju Drummond** is a transfer from Carson Newman (DII) after his program was dropped. Juju will not be eligible to compete until December.

-141 **Cameron Moran** and **Colby Pisani**. Colby is a transfer from Penn State. **Tyler Bedelyon** will redshirt. Many of our lower weight recruits have ended up being certified here. **Colin Checkan**, **Garet Pisani**, **Jake Freeman** and **Hunter McGraw** will all redshirt this season.

-149 **Anthony White** is a freshman from Philadelphia looking at this starting position while **Tyler Smith**, **Benny Schaufele** and **Thomas Trcka** are all freshman who will redshirt. **Justin Wildy** is a walk-on who will be eligible to compete in December.

-157 **James Fleming** and **Kyle Fluck** will look to start while **Kyle Braddock** and **Dalton Lester** will redshirt.

-165 **Bekzod Abdurakhmonov**, a transfer from Colby Junior College, will start while **Nick Milano** will redshirt.

-174 **Capt. Scott Joseph** and **Josh Sadler** will hold the starting position while freshman **Ryan Darch** from NY will redshirt.

-184 **Steven Cressley**, last year's 174, will start at 184.

-197 **Alex Thomas** returns at 197 while **Clint Podish** comes up from 184 to challenge this spot.

-HWT **Quintas McCorkle** returns for his junior campaign at HWT.

- ◆ Team Photo Friday 10/15/10 @ 3:30 if you would like to order a headshot of a team member contact Coach Moore.
- ◆ 4th Annual Clarion Wrestling Coaches Clinic featuring OSU head coach Tom Ryan Oct. 29-30
- ◆ Clarion Wrestling Club 2010-11 Sundays 2-3:30pm/Wednesdays 6:30-8pm
- ◆ **Volunteers NEEDED Nov. 6th college tournament: tables, door, concessions, etc. Call Teague 814.393.2455**
- ◆ Clarion Classic - pre-season high school wrestling tournament Nov. 7TH

### 4th Annual Coaching Clinic

- Friday Oct. 29-Saturday Oct. 30
- Featuring Ohio State Head Coach Tom Ryan along with Clarion head coach Teague Moore and asst. coach Zack Sheaffer
- Location - Tippin Gym
- **Packages**
- A - All sessions, \$175 by mail
- B - Commuter \$125 by mail
- C - Sat. only \$100 by mail
- D - Wrestlers rate \$50 by mail

- Please make checks payable to "CSA" and mail along with completed registration to: Wrestling Office, Clarion University, 107 Tippin Gym, Clarion PA 16214  
 - for more info, please call the Clarion University Wrestling office at (814) 393-2455

## Alumni Success

Clarion Alumni **Frankie Edgar** and current UFC star is expected to fight in Las Vegas January 1st at the MGM Grand Garden Arena. The fight has not yet been announced but sources say it will be announced soon. Good luck, Frankie!

Clarion Alumni **Alex Sandusky**, who played on Clarion's football team in the 1950's and was a part of the 1952 undefeated team. He was later drafted into the NFL by the Baltimore Colts in 1954, where he played 13 seasons. Sandusky was elected into inaugural class of the Clarion Sports Hall of Fame in 1989. Now he will be inducted into the Pennsylvania Sports Hall of Fame on October 16, 2010, in Danville, PA. Congratulations to Alex for all that he has done!



Sept. 25th the wrestling team ran in the United Way 5k run. The team not only ran it, they did it with a teammate on their back! This is the fourth year we've participated and third year that we've "buddy carried" the whole 5k. Jay Ivanco and Cameron Moran won their 3rd consecutive title as the fastest men on the team to buddy carry the 5k. CONGRATS JAY AND CAMERON.

### Clarion Wrestlers before the United Way 5K



### Player Spotlight: Bekzod Abdurakhmonov From: Tashkent, Uzbekistan

**Q: Where are you from?**

A: Originally from Tashkent, Uzbekistan, then in 2008 moved to Colby, Kansas

**Q: How many years have you wrestled?**

A: 11 years

**Q: What is your major?**

A: Liberal Studies

**Q: What year of school are you in?**

A: Junior

**Q: How long have you been in the US?**

A: Moved to the US in 2008

**Q: How many different languages do you speak?**

A: 1<sup>st</sup> Uzbek  
2<sup>nd</sup> Russian  
3<sup>rd</sup> English

**Q: What is your favorite food?**

A: Steak

**Q: What is your favorite drink?**

A: Everything, prefers Arizona Iced Tea and does not like soda at all

**Q: What kind of music do you like?**

A: Likes all kinds of music. When he's just hanging out he prefers country, and before a wrestling match he likes rock.

**Q: What do you like to do in your free time?**

A: Likes to play video games and hang out with friends. He prefers to play Halo and Call of Duty Modern War Fare II. He enjoys playing Halo online and has a ranking of 30 out of 50.

**Q: How do you like Clarion?**

A: He enjoys Clarion because it is larger than Colby and he can focus on studying and wrestling. He enjoys working with the professors on campus because they are very helpful with his writing as English is not his first language. He enjoys all of the campus holidays because he likes the breaks from all the work. This past week he experienced his first ALF, he went on all the rides and played the different carnival games (won posters and stuffed dragons that he gave to his friends). He is starting to experience Clarion winters and is not enjoying the start of it, back home in Uzbekistan he said it doesn't get this cold this early.

**Q: What do you want to do after you're done in college?**

A: When he is done competing at Clarion he wants to try out for the Uzbek World Team and Olympic Team and start his coaching career here at Clarion University.

Clarion University Wrestling is happy to have 3 new interns this year. **Jamie Vojnovich, Amanda Vita and Zack Fisher**. They will be assisting the wrestling office with items like the newsletter and marketing to the student body and our local community. We are excited to have them on board!