

# The Clarion Takedown

**!!VOLUNTEERS NEEDED FOR SATURDAY! VERY IMPORTANT!!**

*For 11/7 Contact Teague for info! (814) 393-2455. We really need your help to work tables!*

## Team Happening

### Upcoming Events:

- Knight Point Clarion Open @ REC Center  
11/07/09 ALL DAY
- Clarion Classic HS Tournament @ REC  
11/08/09 ALL DAY
- Blue-Gold Match @ Tippin  
11/13/09 6:00 p.m
- 3rd Annual Coach's Clinic @ Tippin  
11/13-11/14 3:30 p.m

- Steven Cressley, Cameron Moran, Quintas McCorkle, Joe Waltko, Nick Milano, Josh Sadler, Tyler Bedelyon and Kyle Fluck visited a local autistic teenager that came down with pneumonia and was hospitalized at Clarion Hospital.

- Steven Cressley, Clint Podish and Quintas McCorkle helped one of our local families move a piano so that their children could begin piano lessons in their home.

- Zach Kelley, Trey Hicks, David Ryncavage and Bryan Smith all donated their time at the Clarion University football game as ushers to help fans to and from their seats.

- Jay Ivanco (sporting his own pink Clarion Wrestling shirt), Bryan Smith and James Fleming worked the women's volleyball game as they took on Mercyhurst in a Breast Cancer Awareness game.

- The annual Fall Pin Club Picnic allowed us to introduce the team to many of the Pin Club members. In attendance were also some recruits from Pennsylvania, New York and Maryland. Thanks to all who attended and helped



make it a great night!

- Scott Joseph – last month Scott Joseph underwent emergency surgery at Clarion hospital for appendicitis. Because of complications Scott was taken to Allegheny General Hospital in Pittsburgh where they had to clear areas of infection that had spread after surgery. After many answered prayers Scott is doing better and coming along well. We hope to have him back in the room and on the mats in the near future.

### Team Roster- (as of 10.27.2009)

**125** – Zach Oberlander, Joe Waltko, Trey Hicks and Zach Kelley

**133** – Cameron Moran, Jay Ivanco, Devin Cook

**141** – Tyler Bedelyon, Cash Horne, Bryan Smith, Michael Switzer

**149** – Greg Lewis, James Fleming

**157** – Hadley Harrison, Kyle Fluck

**165** – Justin McCrillis, Nick Milano

**174** – Scott Joseph, Steven Cressley, Josh Sadler, Dean Moffo

**184** – Clint Podish, Mario Morelli

**197** – Alex Thomas, Dave Ryncavage, Jason Tisinger

come and wrestle at Clarion.

Last year's recruits who will be battling for starting positions (not in a redshirt year) in the coming weeks include: 125 FR Joe Waltko, RSFR Ronald "Trey" Hicks, RSFR Zach Kelley. 141 FR Tyler Bedelyon, 149 FR James Fleming, RSJR Kyle Fluck. 165 , FR Nick Milano. 174. 197 FR Dave Ryncavage. HWT RSFR Phil Catrucco.



## Recruitment

On the weekend of Oct 16-17 we hosted 9 recruits from Pennsylvania, New York and Maryland. One of these athletes has given his verbal commitment ([www.intermatwrestle.com/recruiting/commitments](http://www.intermatwrestle.com/recruiting/commitments), 10/19/09) to Clarion and his official signing will happen in November. All of these athletes exhibit the academic, athletic and social commitment to the sport that we want to see. After visiting with the wrestlers and their parents, we are excited about adding any of these

young men to our lineup. Most of these athletes have excellent state and national results that are good indicators of how they will perform at the Division I wrestling level. This coming weekend we host two athletes from California and Florida. Both of these young men are currently ranked very highly in their respective weight classes in the national rankings. Because of NCAA rules we are unable to tell you about their specifics, but when they sign their national letters of intent we will be able to publicly state their intention to

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## Knight Point Coach's Corner

The team continues to prepare for the upcoming Knight Point/Clarion Open and the Blue/Gold ranking matches. This is the time when a lot of detail is covered in the practice room and the men are monitoring their weights for our first competitions. Practices are picking up their intensity and we are starting to see the light at the end of the pre-season tunnel! This week we will have morning practices at

6am, which will consist of agility workouts, sprint workouts and a heavy lift. The afternoon practices are largely technique driven where repetition of specific areas are drilled on a daily basis. Monday, Tuesday and Wednesday workouts will be on the mats, with Wednesday being split between the mats and the weight room. Thursday is a classroom day where we will cover video on rules and

techniques as well as talk about individual goals for all the athletes. Friday's morning workout will be followed by a tough 1-3:30pm live wrestling practice. Saturday offers us a chance to put singlets on and go through 7 minute timed and scored matches. Sunday is our day of rest that we are all grateful for!

## Alumni Spotlight: Mike Hinderliter

**Wrestled at Clarion:** 1967-68

**Where is he now?** Mike Hinderliter has been happily retired for two years and currently resides in Rocky River, Ohio. He was 1 of 4 owners of a company called Travelcenters of America. TA is the largest full-service travel center business in the United States. (You pass several of them if you're traveling on any major highway across the country.)

He now spends his time volunteering with his wife Kay at a local

school teaching and helping kids get back on track. Mike and his wife love playing tennis together and spending time with their 2 wonderful grandchildren. He's on the Board of Directors for Transport for Christ, a company dedicated to helping truckers keep their faith while working on the road.

**If you would like to further contact him:**

alugobi@aol.com



Mike and Kay Hinderliter during the 2008 Clarion Wrestling Golf Outing and reunion held in Clarion.

He is another Alumni that makes us proud to say, "He is Clarion Wrestling!"

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## Player Spotlight: Hadley Harrison

**Q1. Where are you from?**

A: McKean, Pennsylvania

**Q2. Studies at CU?**

A: Elementary school teacher (Elementary Education); Minor in Coaching

**Q3. Plans after graduation?**

A: Teach 3<sup>rd</sup> or 4<sup>th</sup> grade, be a high school wrestling coach and travel in the summer.

**Q4. Favorite color?**

A: Blue and Camouflage.

**Q5. Favorite food? Drink?**

A: Apple Sauce and Pink Lemonade

**Q6. Favorite T.V show?**

A: Outdoor Channel

**Q7. What do you do on the weekends or when you are not wrestling?**

A: Right now, archery hunting.

**Q8. Song or artist that gets you pumped before a big match?**

A: It's been the Lion King in the past years, but I'm thinking of changing it to something more country this year, Jason Aldean??

**Q9. Is there a routine you go through before a match?**

A: Yes! I Weigh-in, Drink 16oz water and then 16oz Gatorade. Eat 1 banana, half a bagel with honey, a cup of chicken noodle soup. Wait 30 min, then I start my warm-up (running, stretching 10min). Then 10 min drill with Greg Lewis. Wait a couple minutes then 1 live match with Greg Lewis. I then put on my sweats to keep warm and sip on water until my match.

**Q10. If you could travel anywhere, where would it be?**

A: Switzerland!

**Q11. Something about you that not many people know about?**

A: I have two different color eyes, and I'm the youngest of 6 kids.

**Q12. Halloween costume?**

A: White trash, (Hick)

**Q13. Who are the people you look up to the most and why?**

A: My older brothers, Hunter, Hudson and Hayden. They have always been my role models from the very beginning. They are always there for me and I know I can count on them 100% every time. They also wrestle so they know everything I go through and are the most supportive people in my life.

**Q14. If you could have one super power, what would it be?**

A: Stick on a wall like a spider.

**Q15. Who is your girlfriend?**

A: Danielle Nicole Hughes.