

# The Takedown

## Team Happening

### Upcoming Events:

- PSAC Championships @ Edinboro

12/05/09 ALL DAY

- Finals Week at Clarion University

- Kent State @ HOME

12/20/09 2:00 p.m

Recently Hadley Harrison, Jay Ivanco, Cameron Moran, Justin McCrillis, Steven Cressley, Joe Waltko and Bryan Smith were recognized as scholar athletes on campus for carrying a 3.25 or better QPA.

Hadley Harrison and Jay Ivanco represented the wrestling program at the yearly Social Equity Dinner hosted on campus.

This year's canned food drive by the Athletic Department found over 500 canned and non-perishable goods brought in by the wrestling team. The team then asked for donations

rather than charge admission to the Blue/Gold match on Nov 13th Phi Mu Alpha a fraternity on campus helped in collaboration with the collection and took over 300 cans to the food bank!

In the December issue of Twins magazine the Moore, Bosch, Snodgrass (Associate AD) and Sheetz (swimming team) families will be featured because all 4 couples have either had twins or are having twins (Bosch's). We're all seeing double!



## Coaches Corner

Clarion Wrestling opened its first away competition this past weekend at the Body Bar Invitational Tournament in Ithaca, NY, hosted by Cornell University. The field of entrants included a few of the top teams from around the country. We placed 4 athletes in the tournament and the freshmen were the men of the day. Freshman James Fleming took 3rd place at 149 pounds. He had a good performance, knocking off Buffalo's #11 Desmond Green. He then lost a close 2-0 match to Kent State's #10 Matt Cathell. Joe Waltko turned in a good performance at 125 pounds with a good win over senior #23 James Knox of Maryland. He lost twice on the day to finish 4th with the first loss coming in the semi-finals to #10 Michael Martinez of Wyoming. His second loss came at the hands of Kent State's Troy Opfer. Our other two athletes making their way into placement were captain Hadley Harrison, 5th at 157 and Clint Podish, 6th at 184. Harrison's only loss on the day came

at the hands of champion Justin Lister of Binghamton, 8-4. Clint lost a quarter-final bout to the champion, #5 Dustin Kilgore of Kent State, by Technical Fall. His second loss came to Cornell's Nate Holley 6-5 in the 5th-place match. Hadley and Clint were unable to wrestle back to 3rd place due to technical changes in the bracketing due to time constraints. The tournament directors decided to move the losers of the semi-finals into the 3rd place matches while wrestlers in the wrestle backs could only earn a berth into the 5th place match. Our overall team performance on the day was good. Our team fought hard and battled well in the majority of our matches. We came away from the weekend with a boost of confidence and some areas that we need to technically improve on. Individually, everyone learned of areas where they can improve, but at the same time they were able to see that our summer training and preseason work is paying off. It was a good step forward for us as a group. Our 7th place team

finish was a good stepping stone and one that we can build on as we prepare for PSAC's December 6th at Edinboro. You can visit the complete tournaments results at this link, Final Brackets.

- Plc Points Team CH CONS
- 1 147.5 Kent State (#20)
  - 2 109 Cornell (#7)
  - 2 109 Maryland (#6)
  - 4 92 Wyoming
  - 5 61.5 Binghamton
  - 6 54 Buffalo
  - 7 51.5 Clarion
  - 8 49 Columbia
  - 9 45 Drexel
  - 10 39.5 Army
  - 11 32.5 Ithaca
  - 12 16 Sacred Heart



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## Alumni Spotlight: Mike Cole

**Wrestled at Clarion:**  
1985-91

**Where is he now?**

Mike Cole is now residing in North Hunterdon, New Jersey and working for Morgan Stanley. He is currently the Managing Director of Client Reference Data. He and a

team help build the technology and operations to assist the clients of the firm.

With the little free time that Mike has, he enjoys spending it with his family and coaching wrestling. He runs the North Hunterdon Wrestling Club in New Jersey and

works with kids from pre-school all the way to college.

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

Michael.cole  
@morganstanley.com

## Player Spotlight: James Fleming

**Q1. Where are you from?**

A: West Mifflin, Pennsylvania

**Q2. Studies at CU?**

A: Undecided but I am looking to go into law school after college.

**Q3. Plans after graduation?**

A: I may go into mix martial arts because I have a background in wrestling and boxing. I may go straight into law school and hopefully get a job as a graduate asst.

**Q4. Favorite color?**

A: baby blue

**Q5. Favorite food? Drink?**

A: Mineo's pizza; rated the best pizza in Pittsburgh only like 100 times. My favorite drink is a Shirley temple; a true mans drink.

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

A: Entourage

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

A: Usually sleep and heal up from a long week of wres-

ting. Wrestling is pretty much my life so almost everything I do deals with wrestling.

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

A: It depends on the situation. If I need to calm down after a loss, I'll listen to Bob Marley or even something softer like Celine Dion. Usually I go with Eminem or Shinedown.

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

A: To punch myself in the face.

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

A: Ireland, back to the homeland.

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

A: I draw and paint. Also that I can cook virtually anything and it will be better than your grandma's.

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

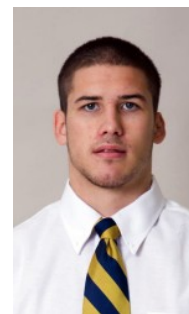
A: I don't look up to anyone really. When I was young I had my heroes, but at this point looking up to anyone would just hold me back because I'm trying to surpass everyone and all of their accomplishments.

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

A: To be able to shed weight just by thinking about it.

**Q15. What are you plans for Thanksgiving?**

A: To lock myself in a room away from all food and play video games.



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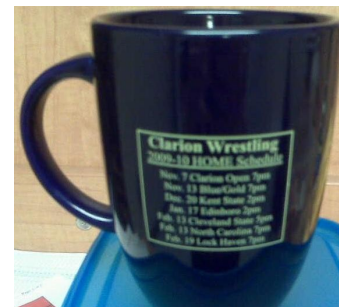
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