

The Takedown

Upcoming Events:

- 2-19-10 vs. Lock Haven at 7:00
- 2-20-10 National Collegiate Open
- 3-7-2010 EWL's
- 3-18/3-20 NCAA's Omaha
- 4-3-10 Wrestling Banquet

CALLING ALL VOLUNTEERS!!!

Volunteers are Needed for the National

Collegiate Open On Feb. 20th

Call or e-mail the wrestling office!

tmoore@clarion.edu

814-393-2455



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Team Happening

These past two weeks have been full of matches that have sent us back and forth to snow-covered destinations. We suffered losses to both the University of Pittsburgh Johnstown and the University of Pittsburgh.

The guys learned from their mistakes and earned two wins the following week. The first win was against Cleveland State and the second was versus the University of North Carolina.

After a few more matches are completed, the recruiting sea-

son will be picking back up in our office. If you or anyone that you know is aware of high school or college transfer students who are currently looking for a wrestling home and great education, we ask that you contact the wrestling office so that we can get a hold of them, and interest them in attending Clarion University for the next academic year.

We have also just received EWL tickets along with the NCAA tickets. If you are interested in attending, please call the wrestling office for more information at 814.393.2455.

This upcoming weekend will also be quite a busy one. Friday night,

we will be hosting Lock Haven University. After the Lock Haven match, Toby Hill will be offering free chicken wings to spectators who present their ticket or student voucher.

Friday is also our annual senior night. We are very blessed to be able to celebrate the triumphs and successes of the seniors throughout their wrestling careers here at Clarion with their families and loved ones. Saturday, we will be hosting the National Collegiate Open. We are still looking for volunteers for Saturday! If you are interested, please contact the wrestling office.

Coaches Corner

Wow! What a crazy season!!!

This year has been full of twists and turns. Here's a quick recap from my perspective.

Preseason started with a bunch of young, new freshmen training hard to make an impact into the program. The upper classmen led by example.

Unfortunately, preseason also brought the loss of senior Scott Joseph due to appendicitis. He experienced complications that have kept him from competing all season. Scott will return as a redshirt senior next season.

Early tournaments showed good results from the Clarion Open, Body Bar Invitational, PSAC's and Midlands.

Our first dual showed promise when we took an early lead on Kent State but allowed it to slip away in the upper weights. We could see the potential in our group in that one dual.

In early January we went to the VA Duals in Hampton, VA. Clarion drew #23 ranked Old Dominion in the first round. The lightweights took a commanding lead with victo-

ries by Ivanco, Lewis, Fleming and Harrison. HWT Qunitas McCorkle secured the victory win a win at HWT. It was Clarion's first win over a top 25 team since 1998!

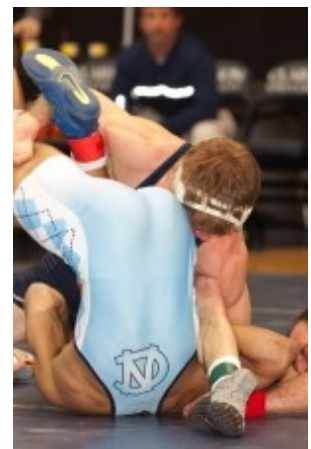
Later in January we eliminated two teams that had beaten us each of the past 8 seasons! Victories over WVU and Bloomsburg were complete and total team efforts which continued to show how strong this young team could be.

As we moved into February the team suffered some setbacks with losses to UPJ and Pitt. They would not be deterred.

Our group of young and determined wrestlers banded together and showed their resilience on February 13th with victories over Cleveland State and the University of North Carolina. Cleveland State (49-0) was our first shutout over a Division I opponent since the 1995 season! Just 4 years ago Clarion suffered a 35-0 loss to Cleveland State. What difference 4 years can make!! Soon after the Cleveland State victory Clarion defeated the North Carolina Tarheels in an exciting 25-19 victory that raised the roof of Tippin Gym. Everyone in

attendance agreed that Clarion Wrestling is definitely moving in the right direction. Watch the whole match plus interviews at www.flowrestling.com!

This Friday we host Lock Haven for our season ending dual in Tippin Gym and bring a close to the 2009-10 dual season. A win will secure a .500 season for this young team. A loss would continue a 5-year streak by Lock Haven in our EWL duals. It's time to step up and turn the tide! Will you make the journey to Tippin Gym to cheer on your Golden Eagles? We hope to see you there to join us in the season that finally shows the Division I wrestling world that Clarion University has returned!!





Become a Pin Club Member today!

Join us at:

www.clarionwrestling.com

Or email

Sheryl Riesmeyer at:

zipsters@windstream.net

Visit us on:

facebook

@ Clarion University Wrestling

twitter

@ cupwrestling

www.ClarionWrestling.com

Follow us through
Red Zone Media &
Live Sports Video

Player Spotlight: Nick Milano

Q1. Where are you from?

A: Erie, PA

Q2. Studies at CU?

A: Secondary Education and History

Q3. What year are you in?

A: Freshman

Q4. Plans after graduation?

A: Get a job back home in Erie and coach wrestling

Q5. Favorite color?

A: Blue

Q6. Favorite food? Drink?

A: Food= anything Italian

Drink= Powerade

Q7. Favorite T.V show?

A: Jersey Shore

Q8. What do you do on the weekends or when you are not wrestling?

A: Hang out with my friends

Q9. Song or artist that gets you pumped before a big match?

A: "3Peat" by Lil' Wayne

Q10. Is there a routine you go through before a match?

A: Not really. I just change out of my warm ups and get out there and wrestle my best.

Q11. If you could travel any-

where, where would it be?

A: Europe, especially Italy

Q12. What is your favorite movie?

A: Goodfellas

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

A: My grandfather. He is the one who inspired me to be the hard worker that I am today.

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

A: The ability to fly.

Player Spotlight: Clint Podish

Q1. Where are you from?

A: Waynesburg, PA

Q2. Studies at CU?

A: Geology

Q3. What year are you in?

A: Junior

Q4. Plans after graduation?

A: Go down south, some place really warm where I never have to worry about the snow or being cold.

Q5. Favorite color?

A: Baby blue

Q6. Favorite food? Drink?

A: Food=seafood

Drink= sweet tea

Q7. Favorite T.V show?

A: Married with Children.

Q8. What do you do on the

weekends or when you are not wrestling?

A: Hanging out with my wonderful girlfriend and friends

Q9. Song or artist that gets you pumped before a big match?

A: Body Headbangerz- "Can't Be Touched"

Q10. Is there a routine you go through before a match?

A: I keep to myself after weigh in. When 157 pounder, Hadley Harrison goes to wrestle, I start my sprints to pump my heart and sweat.

Q11. If you could travel anywhere, where would it be?

A: Hawaii

Q12. Something about you that not many people know about?

A: I was an all conference running back in high school

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

A: My mom. She is a hard worker, self-sacrificing, cheerful person who always look at things with a positive attitude. She puts the needs of everyone else before her own needs.

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

A: Being able to fly

NCAA TICKETS ARE HERE!

Get your NCAA tickets this year from Clarion

University Wrestling

Will be held in Omaha, Nebraska

Price is \$170 for all six sessions in

the lower bowl

Contact the Wrestling Office for more details



Support Clarion Wrestling every morning!

Clarion Wrestling Mugs
On Sale!!

NOW ONLY \$5.00 each!

Contact Teague for more info.

@ tmoore@clarion.edu