



BEARS WRESTLING



"IMPROVISE, ADAPT, OVERCOME!"

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CONGRATULATIONS SENIORS!

On behalf of the entire coaching staff I would like to take this time to say "Congrats" our graduating Senior Wrestlers: Patrick Cucci, Barrett Hambright, Matt McCroan, Matt Mongiove, Eric Morris, Adam Olger and Anthony Segretario. I am sure you are anxiously awaiting the day of Graduation, Wednesday, May 26th. You have accomplished much in your four years here and we wish you much success in your future endeavors!

STILL MISSING UNIFORMS

We are still missing several of the Junior Varsity uniforms. I am asking for assistance from the parents in collecting of these items. Please check with your son to see if he has any of these items.

ANTHONY SEGRETARIO WINS STATE!

Anthony Segretario capped off a tremendous athletic career at WSHS by winning the FHSAA 2A Weightlifting Championship in the Heavyweight class with a 455-290-745 total! This now puts him in an elite class of athletes who have excelled in more than one sport while attending WSHS! In addition to winning the State Weightlifting Title, he was a State Place Winner in Wrestling, an All-Conference/All-County Football Player and a SAC/District Champion in Shot/Discus. Way to go Anthony! It just goes to show, that no matter what others say, it IS possible to excell at more than one activity! That's what I call getting the most out of your high school experience!

DAN RIVERA TO COMPETE AT FILA CADET NATIONALS

Dan Rivera and I will travel to Evanston, IL May 6-10 for the Nationals/Trials at Univeristy. tough touring many of top age tors. Best of



FILA Cadet World Team Northwestern This is a VERY nament, featur-the country's group competi-luck to Dan!

TOURNAMENTS/CLUB

The Winter Springs Wrestling Club has been meeting on Tuesday's/Thursday's in the cafeteria from 6-8 pm since March. Although we have had decent representation from many of our team members, there are several who have yet to come out. This is an excellent opportunity to build on the skills you learned during the high school season and to improve for nex season. Remember, "you don't prepare to fail, you only fail to prepare!"

The club is for anyone ages 5 and up who want to participate. This is a great way for some of the younger kids to get an introduction to the sport. Now in its sixth year, we are starting to see the benefits of some of those younger guys who have up" in the club and to the school some ence. It huge difference in their ability to immediately compete at a higher level! Contact either Coach Tolleson or myself for more details.



BRENDAN BUCKLEY CAMP

As of today, I have only ONE registered WSHS Wrestler for the Brendan Buckley/Winter Springs Wrestling Camp. This is an excellent opportunity to get instruction from one of the finest clinicians in the country, as well as a Division I Collegiate Wrestling Coach. Also, I am very pleased to announce that we have added a "Big-Man's" component to the camp! Bob Walker, who was a World Championships Bronze medalist and a member of the US National Team for several years has agreed to come work with our heavyweights during the camp. I have known Bob for over 20 years now, as he was one of my high school coaches. In addition to his own impressive resume, both of his son's were High School State Champions and All-Americans and will be assisting him during the camp. He has trained several of our state's better heavyweights and our guys will definately benefit

from his knowledge and experience!

MISSOURI TEAM CAMP

In addition to our own camp, we will be taking a group to the University of Missouri "Tiger Style" Team Camp in Atlanta, GA, the week of July 10-14. We will leave early on the morning of the 9th and travel to Six Flags Over Georgia and spend the day in the park, then stay overnight in Milledgeville before heading to camp on the 10th. In addition to the technical instruction that they would normally receive, we will compete in duals throughout the camp. Last year, we competed in 10 duals and it was a great learning experience for the guys!

We are more than likely going to need assistance in transporting the guys to camp, as we anticipate having over 20 guys attend this year! Anyone interested in assisting us, please contact me at:

Rick_Tribit@scps.k12.fl.us. We would certainly appreciate your help!

FATHER DIVINE/NATIONAL DUALS TEAM QUALIFIER

We had a tremendous turnout for the Father Divine Tournament and National Team Qualifier! Dwayne Tolleson and Brandon Hatchett both competed on the East Area All-Star team on Friday night, which finished second by one point to the Central Area team (Brandon/

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younger brother Matthew, each won their respective weight classes to qualify for the National Team. Dwayne Tolleson, Brandon Hatchett and Dan Rivera each finished 2nd and earned births on the team as alternates.

In addition, Anthony Brunshtein went 3-1 in OT against defending 3A State Champ Marino Eatmon from Miami, and wrestled well in a VERY tough heavy weight class! Also competing well were Bobby Macedonia, Ian Murphy, JJ Morgan, Kevin Dietrick, Tim Lancaster,

Devin Morris, and Chase Heatwole.

UPCOMING EVENTS

The club will be competing in several big events in the next couple of weeks: We will travel to Titusville for the AAU Folkstyle Tournament on May 8, Lakeland for the Freestyle/Greco Roman State Championships and National Team Qualifier on May 14-15, and the Kids/Cadets Southeast Regions in North Carolina on Memorial Day Weekend. In addition, several team members have been invited to compete on the NHSCA Florida National Team in Maryland during the holiday weekend.

Thanks to Coach Tolleson's fundraising efforts, we will be competing in the AAU National Duals at Disney's Wide World of Sports Complex, June 20-24. This competition features many of the top programs in the country such as, Easton, PA, Walsh Jesuit and St. Edward's of Ohio, William Penn and St. Mark's of Delaware, and Great Bridge and Grundy of Virginia, plus many of the better programs in Florida. We should get plenty of experience out of this one!

FIELDHOUSE UPDATE

WSHS Booster Club President Rick Keel informed me Saturday, that the City of Winter Springs has agreed to assist WSHS with the building of a Field House, which will house a Wrestling Room, Weight Room, Multi-Purpose Room

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relief is not far away! Please continue to support the WSHS Athletic Boosters as they work to improve the conditions for ALL WSHS Athletic Programs.

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