



FULTON WRESTLING



Proud of the Past - Working for the Future

November 24, 2016

2016-17 Wrestling Season Has Arrived



Returning Lettermen—the Raiders return sixteen wrestlers from last year’s Section III championship team. They are (L to R): Jon Parrish, AJ Yablonski, Nick Noel, Cuinn Burlingham, Cam Galvin, Ian Bogardus, Adam DeMauro, Sam Waldron, Thomas Hughes, Sam Jones, Wyatt Willis, Kaleb Carrion, Dylan DeMauro, Cole French, Roy French and Jared Crucitti.

Fulton Wrestling banner produced by C. Perkins Photography.

Season Opens at B’ville Next Wednesday

The Raiders will kick-off the 2016-17 season next Wednesday night when they meet long-time rival Baldwinsville in the “Bee’s Nest”. The match is expected to be an early season indicator of the top D I team in the section.

Baldwinsville is the defending Section III Class AA champions. They finished second to Fulton in last year’s Section III Interclass Tournament.

The Raiders beat the Bees 34-28 when these two teams last met in dual competition.

Wrestling starts at 6 pm with junior varsity exhibition matches followed by the varsity dual.

Coach's Corner



Fulton Wrestling has a lot to be proud of. We are arguably one of the most successful high school wrestling programs in the state. But Fulton Wrestling is, and always has been, about much more than winning championships. As proud as I am of the titles we have won, two off-the-mat things happened this week that make me even prouder and I believe speak to why the program continues to be successful.

First, the first quarter grades were announced and I was happy to see 16 wrestlers were among those students who made the Honor Roll. Wrestlers on the honor roll included: Cam Adams, Kaleb Carreon, Cole Cotton, Aaron Dedich, Andrew Dedich, Sean Flynn, Ethan Hadcock, Thomas Hughes, Nick Noel, Tyler Parker, Jon Parrish, Corey Pipher and Andru Walts. Cuinn Burlingham, Sam May and Sam Waldron were listed on the High Honor Roll. Congratulations to these student-athletes and their parents.

Then, there was Victor Runeare’s article that he posted on Facebook. It’s reprinted in this newsletter. I hope you get a chance to read it and encourage Fulton wrestlers of all ages to read it as well. It speaks volumes about the program and its values. Thank you Victor.

Advice and More

By Vic Runeare

I haven't posted on here in a while but it seems like the right time to do it at the end of certifications and the near-beginning of the 2016-2017 season. I am not sure if I am qualified to be giving advice but I would like to share some words of wisdom that I have come to know through Fulton wrestling.

The first thing is, you guys are a family. Every man on your team is one of your brothers on and off the mat. This doesn't mean you have to be best friends, I know plenty of brothers who aren't best friends. It just means that you guys have to be there for each other. You have to work hard for your brothers. You have to help your brothers when they need it. You have to push your brothers when they don't think they can achieve a goal.

The second thing is, every little thing you do matters in the long run. For a second visualize your opponent as a weight being supported by a pile of toothpicks. Every time you show up to morning lift or morning swim, go to the cyo, and even if you just push yourself a little farther past your limit a couple toothpicks break under your goal. The little things add up. After a while, your opponent has already lost before you even touch the mat. Do everything you can possibly do. Coach Waldron and all the other coaches will give you the opportunities, you just have to take advantage of them.

Lastly, be proud that you are a member of the hardest working high school wrestling team in New York State, be proud that you are given more opportunities than any other high school in New York to get better, and be proud knowing that any wrestler in NYS that sees a ghost on your singlet knows that he's up against a Fulton wrestler who has worked harder than him. This pride however should not be taken for granted. It was earned over decades of hard work and blood and to earn your share, you have to work hard too.

I am thankful that I have been able to be a part of such a longstanding legacy that is Fulton wrestling. The things this program has taught me will continue to help me for the rest of my life. I know all of you will feel the same way when you graduate as well. So work hard men and earn the glory that this team deserves.

The above article was posted on Fulton Wrestling’s Face Book page by Vic Runeare. Vic was a four year letterman and captain of the 2015-16 team. He is currently a freshman at the Rochester Institute of Technology.