



# FULTON WRESTLING



*Proud of the Past - Working for the Future*

May 16, 2013

## **Biggest Fulton Duals Ever** **Seventeen Teams—200 Wrestlers Competed** **A Record 45 Wrestlers From Fulton**

The 5th annual Fulton Spring Duals was by every measure a huge success. Bigger and better—the event drew local Section III teams and squads from as far away as Lockport and Athens PA.

The Raiders high school team defeated Amherst and Athens but fell to Apex (multi-school) Club, Iroquois, and Adirondack. The Jr Raider modified team won three of the their four duals.

One of the day's highlights was Mitch Woodworth's 3-0 win over Adirondack's state place-winner Ryan O'Rourke.

"The kids wrestled well," said head coach Chris Stalker. "Their work in the wrestling room and weight room is beginning to pay off but we still have work to do."

The Raiders return to action June 8th when they travel to Adams for the Spartan Duals.



Mitch Woodworth

## **Our Thanks to Coach Cameron Mills** **Giving Back—The Mark of a Championship Program**

The Fulton Spring Duals signified the end of Fulton's Spring Wrestling program. Starting the Tuesday following the sectionals, the ten week program taught wrestling skills and technique for jr hi and high school wrestlers.

Coached by Fulton Wrestling Alum and assistant Oswego State Coach Cam Mills, this year's program was attended by up to 40 wrestlers every twice a week.

Assisting Coach Mills were coaches Jeff Waldron, Tim Moore, John Noel, Chuck Burlingham, Tyler Shue and Ernesto Garcia.


One of the "secrets" to Fulton's championship success has been the loyalty that past Fulton Wrestlers have for the program and their generosity in giving back by helping the teams that follow them.


**Summer Wrestling starts June 4th.**




Coach Cam Mills—Wrestled for Fulton and Oswego State



Thanks to the Fulton City Recreation Department. The Fulton Spring Duals couldn't happen without their generous assistance. 

Thanks to Fulton Wrestling Club's volunteers. Twenty-five vols worked tirelessly to make the Duals a success. 

Thumbs up to the wrestlers who worked the set-up and clean-up. 

Thumbs down on the few who skipped out. 