



FULTON WRESTLING

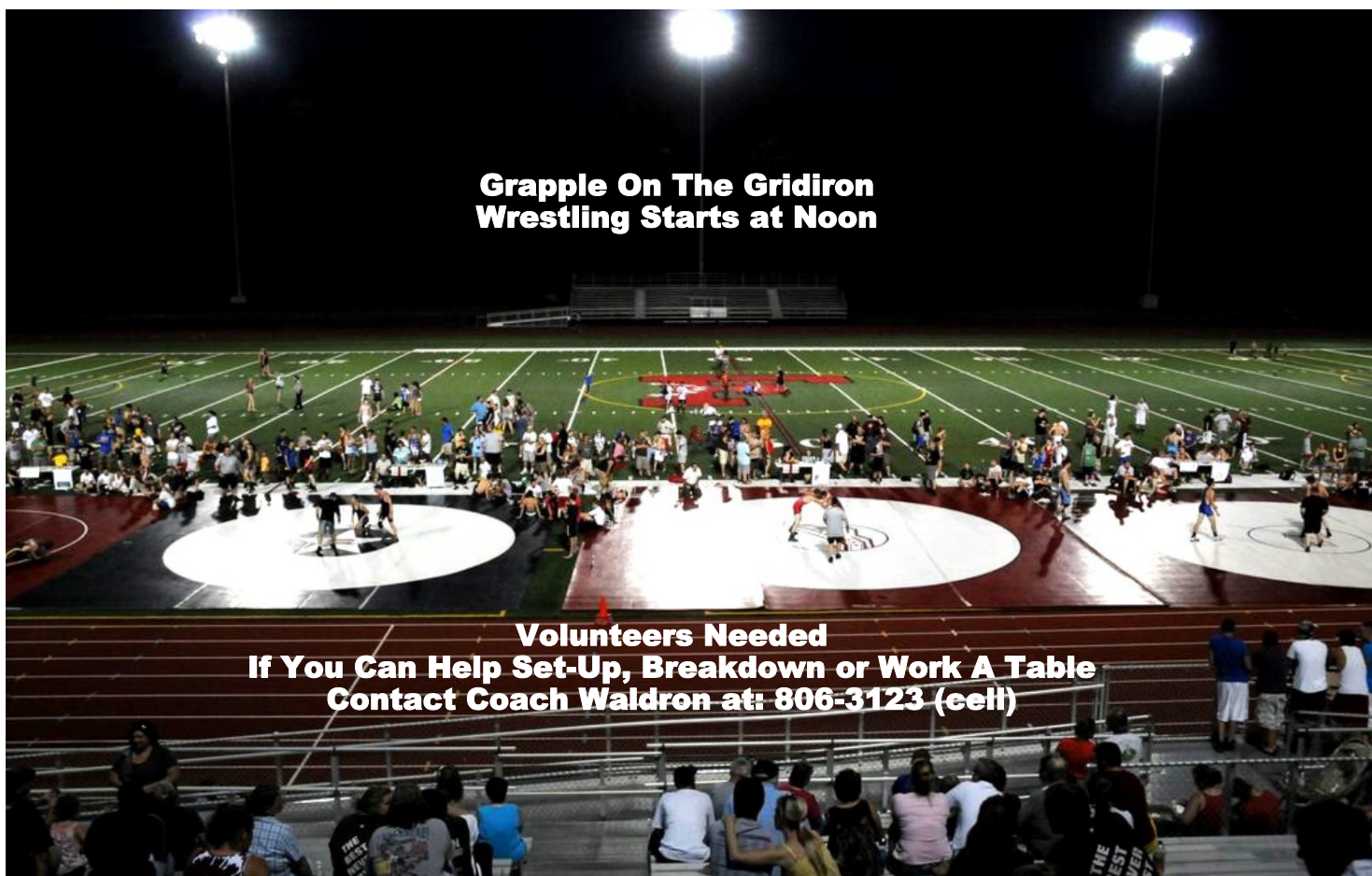


Proud of the Past - Working for the Future

July 22, 2016

Grapple On The Gridiron Tomorrow

Replaces Friday Night Lights As Fulton's Top Summer Wrestling Event



**Grapple On The Gridiron
Wrestling Starts at Noon**

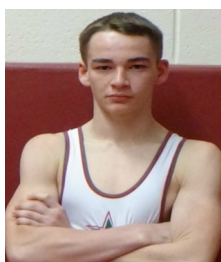
**Volunteers Needed
If You Can Help Set-Up, Breakdown or Work A Table
Contact Coach Waldron at: 806-3123 (cell)**

Tomorrow, Fulton Wrestling and the Friends of Section III Wrestling will introduce the **Grapple on the Gridiron Takedown Tournament**. In the past, this tournament was known as **Friday Night Lights**. So, why the change? Despite our best efforts, we simply could not effectively combat the excessive moisture that comes with sundown in the summer in upstate New York. The mats were simply too wet and slippery and the safety of the competitors was certainly compromised. So, this year, we move our tournament from Friday Night to Saturday afternoon. With a noon start time, wrestling should be completing right around dusk so we avoid that evening dew altogether. We will still promote the carnival-like atmosphere achieved at Friday Night Lights as we cover the Fulton Athletic Complex football field with wrestling mats - as it should be.

Roy French and His Summer Vacation

*Senior Preparing To Join Long Line Of Fulton Wrestlers
Who Served Their Country*

Roy French wasn't hanging out at the beach for his summer vacation, he was training with the U.S. Navy Sea Cadet Corps. Roy has aspirations for a career in special operations like the U.S. Navy SEALs. The summer training program introduces cadets to the training regimen and traditions of the Navy's elite fighting forces.



Roy French

hand-to-hand combat, marched through swamps and learned how to survive in stressful situations like being dropped into 13 feet of water wearing and carrying all their gear.

Roy will be entering his senior year this fall. He has lettered in wrestling for the past three years and helped his team win back-to-back Class and Sectional team championships. He has over 50 career varsity wins and placed third in last season's Sectional Class Tournament and fifth in the Interclass Tournament.



Roy French spent the first half of the summer training with the U.S. Navy Sea Cadet Corps. Shown above, Roy was learning "combat fitness" doing fist push-ups on the parade field. In the photo on right, French is shown at graduation receiving his graduation unit cap. Roy credits his training as a Fulton Wrestler that helped prepare him for Sea Cadets and joked with his instructors that Fulton Wrestling practices were tougher.