



# FULTON WRESTLING



*Proud of the Past - Working for the Future*

March 6, 2017

## A Look Ahead To The Next Season

*Getting Excited About What Could Be*

**Improving On Last Year's Off-Season Training Is Key**

The 2016-17 season is barely a week behind us and there is already plenty of speculation about the team that's expected to suit up in those white warm-ups for the 2017-18 season.

Looking ahead, twenty lettermen are expected to return to fill the team's fifteen weight classes. Add in the JV wrestlers who captured medals in the OHSL League tournament and most observers agree that these twenty-six wrestlers are the makings of a good team and quite possibly more.

### Upper Weights (170-285)

Senior section finalist Sam Jones and senior Class A finalist Jon Parrish will lead the heavy-weights.



Sam Jones



Jon Parrish

Looking to move into the starter status in this group will be JV League Champs Jaymes Garrison, Jacob May and Sean Flynn along with JV league finalist Cam Adams and junior high wrestlers Hunter Garrison and Matt Woodworth. These upper weights may have company though depending on which middle weights grow and/or lift their way into a higher weight class.

Keep an eye on 160 pound Class A finalist Dylan DeMauro, 152 pound sectional finalist Cam Galvin and possibly 152 pound JV league champ Jeshua Lopez as potential 170 pounders. Both DeMauro and Galvin moved up two weight classes over last year's "off-season".

### Middle Weights (132-160)

Whether Galvin or DeMauro move up or not, the likely middle weights on next year's team represent the strength and depth of what could be one of Fulton's best teams in a decade.

Led by four year letter-winner and Class A Champ Nick Noel, the group includes 2017 section finalist Cuinn Burlingham, 2016 section finalist Adam Demauro, section place-winner Sam May, Ian Bogardus whose season was cut short by an injury, JV League champ Nick Parrish and JV tournament finalists Brandon Guernsey and Dave Janero.



Nick Noel

## Coach's Corner



**Saluting Our Scholar-Athletes** - We are so proud of our NYSPHSAA scholar-athletes Sam May, Cuinn Burlingham, Jon Parrish and Sam Waldron. They had GPA's of 90 or better during wrestling season.

**Over the weekend**, the 2016-17 season officially came to a close with Fulton Wrestling's Annual Awards Banquet. It was, like the all the previous banquets a great event - thanks to the hard work of our volunteers:

**We want to extend our best wishes** and gratitude to this year's seniors. Wyatt Willis, Jared Crucitti, Andrew Yablonski and Roy French.

### Lower Weights (99-126)

Taken together, next season's projected lower weights are as good as the middle weights but the roster might not be as deep - especially at 99 and 106.

Led by Tommy Hughes, who came up one win short of a trip to the state tournament medal stand, the group includes sectional medal winner Sam Waldron, 2016 sectional finalist Kaleb Carrion, Class A finalist Andru Walts, JV League finalist Austin Bowering, returning lettermen Cole French and Tyler Emeterio.

### Wins and Pins

Overall, there is little doubt that this team has the horses to make a run at the state team title next February. But to win it will take more than that. Fulton's wrestlers will have to win more individual bouts and be more dominant doing so.

Tommy Hughes, Cam Galvin and Andru Walts registered thirty or more wins this past season. If twenty match winners Sam Waldron, Jon Parrish, Nick Noel, Sam Jones, Adam DeMauro, Dylan DeMauro and Cuinn Burlingham can join them with 30+ wins next season, they will be well positioned to take on any team in the state.

What will be just as important is how these ten and their team mates win. No one has to look very far to realize that Fulton's pin power has produced countless championships over the decades. For Fulton, it's been pins and bonus points that won state titles. So, while Andru Walts leads the returners with nineteen pins in the last season followed by Waldron, Hughes and Dylan DeMauro with fifteen each, more pins will make a night time appearance at the SRC Arena on January 27th more likely.



Andru Walts

For sure, unforeseen events and teenage growth spurts can mess up a line-up and put a damper on an optimistic outlook but you can't help but be excited about this team's potential. The only question is: will they realize this potential by doing what it takes in the off season.

**What about the next team?** As you read in this newsletter, the future looks bright and this team knows full well what it will take to reach the always lofty goals we set for ourselves as a program. A solid group of them did it last year and it showed.

Repeating - improving - on last year's off-season effort will make this team even better. Especially if they bring more of their team mates with them to spring and summer wrestling. And, the weight room is a must. More than half of our future starters will be freshmen and sophomores and any title run will need the pin power developed by serious, regular weight training.

**News & Notes**—Congratulations to Oswego State Coaches Mike Howard and Mike Connors. Three Lakers qualified for the NCAA's national tournament next week....Fulton Wrestling Alum Tim Holden leaves for the U.S. Navy Boot Camp next week...The Haines Tournament continues to stand out as one of the best events in the state. Thirty-six wrestlers who competed in the Haines in December qualified for the state tournament a couple of weeks ago.