



# FULTON WRESTLING

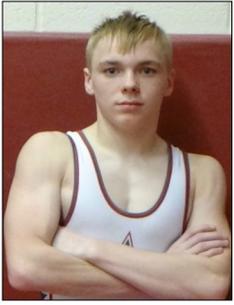


*Proud of the Past - Working for the Future*

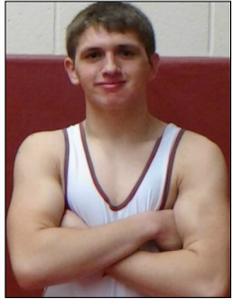
September 19, 2016

## Puerto Rico Bound

### *Six Raiders to Compete In International Tournament*



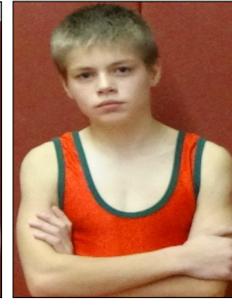
Wyatt Willis



AJ Yablonski



Cam Galvin



Sam Waldron



Tommy Hughes



Cole French

At the end of the 2015-16 regular season coaches Jeff Waldron and Cam Mills decided to re-introduce freestyle wrestling into Fulton's off-season schedule. So in addition to the full schedule folkstyle events, Fulton's wrestlers competed in freestyle events where ever and whenever they could. The final freestyle competition will be over Columbus Day weekend when six members of Fulton's wrestling team will be travel to Puerto Rico to compete in the annual Copa Sparta Wrestling Tournament. This is the largest tournament held in Puerto Rico with over 400 participants, The tournament is an international event with teams from Canada and several Central and South American countries expected to compete.

Fulton is part of a Central New York team that includes wrestlers from the Mohawk Valley Wrestling Club, Pin-To-Win Wrestling and the Fulton Wrestling Club. Fulton's six representatives are all returning varsity wrestlers from last year's Section III Championship team: Sam Waldron, Tommy Hughes, Wyatt Willis, Cole French, Cam Galvin and Andrew Yablonski. They will be accompanied by Coaches Jeff Waldron and Cam Mills.

"This is a great opportunity for our boys," said coach

Waldron. "Training and competing internationally is a fantastic experience that they will remember for the rest of their lives"

The team will be staying in Salinas Puerto Rico with fellow wrestlers from other countries and they will be training there at the Olympic Training Center. Then, they will compete in the two-day tournament in San Juan. Following the tournament, they will spend time at Condado Beach, tour Old San Juan, visit the El Yunque Rain Forest and enjoy the San Juan Festival at Night.

Financing the trip is up to the wrestler and his family. The wrestling club is assisting the athletes' fundraising by organizing a "Super 50-50 Raffle". Tickets are \$10. Fifty percent of all tickets sales will go to the winner of the raffle drawing to be held at Fulton Wrestling's Annual Red and Green scrimmage. Tickets can be purchased from the wrestlers or the coaches in person or by posting a request on Fulton Wrestling's Facebook page. Anyone who wishes to make a direct contribution to help fund the trip can contribute on line at [www.fultonwrestling.com](http://www.fultonwrestling.com) or by contacting Coach Waldron at:

[JWALDRO1@fulton.cnyric.org](mailto:JWALDRO1@fulton.cnyric.org)

## Coach's Corner



The Copa Sparta Tournament in Puerto Rico marks the end of our very busy "off-season" program and the beginning of the 2016-17 pre-season. Weightlifting and swimming sessions at 6 am Monday through Friday are underway. Practices are being held Tuesdays and Thursdays at the club's training facility and plans are being made for a return trip to Ken Chertow's Gold Medal Camp before the regular season kick-off date of November 7th.

As a staff, we feel pretty good about the team's preparation to date. The upcoming pre-season phase is critical though as the kids work to improve mat skills, add strength and get a jump start on the weight certification process. As always, a successful pre-season depends on the self-discipline of our wrestlers to take full advantage of the training opportunities and increasing the intensity of their training to get the most benefit.

**News and Notes** - Our 2016-17 schedule is nearly complete. We have accepted an invitation to compete in the UE Tournament as Section III's only representative. We have also added a new tournament—the Owego Du-als in Section IV. More on the schedule later.

## Fulton Wrestling at State Fair



Sam Waldron executes a double leg takedown against his opponent at the State Fair Challenge.

Waldron and team mates Andrew Yablonski, Wyatt Willis, Roy French, Tommy Hughes, Zach Johnson and Noah Horning competed in the two-day event wrestling as many as nine bouts in all the wrestling styles: Folkstyle, Freestyle and Greco-Roman.