



63rd Annual NEPSAC Wrestling Tournament

Friday, Feb 19 – Saturday, Feb 20, 2010

at Lexington Christian Academy

48 Bartlett Ave

Lexington, MA 02420

www.lca.edu

Program Booklet

“Spectators at this Tournament will see no mental or physical softness; they will see, however, the product of hard work and still harder thinking.”

–from the 1960 New England Championship Program

Welcome to Lexington Christian Academy!

Welcome to this year's NEPSAC Wrestling Tournament. LCA is proud to host this distinguished event and we hope that each athlete, fan, and school community will be able to look back on the Tournament with fond memories. Since hospitality is a mark of the LCA community, we hope each of you will enjoy everything from cheering on your favorite wrestlers to enjoying good food and drink in our dining room. Welcome!

–Mark Davis, Head of School

About Lexington Christian Academy

Lexington Christian Academy (LCA) was founded in 1946 with the belief that faith and learning are key and inseparable components of Christian education. Our founders believed that excellent college preparatory education was a natural outcome of the Christian philosophy of the school. Our intensive Middle and Upper School academic, art, and athletic programs educate the whole student and encourage academic achievement, matriculation to the colleges of choice, and a lifetime of personal responsibility. The LCA educational experience goes beyond developing the intellect of our students to building lasting moral strength, leadership skills, and character. Our students are equipped to go into the world, find joy and success, and make an eternal difference.

Mission Statement

Lexington Christian Academy is an independent college preparatory school that exists to educate young men and women in the arts and sciences in the context of a complete commitment to the historic Christian faith.



LCA Lions

About the Sport of Wrestling

Wrestling is an exciting sports that demands strength, stamina, flexibility, and technique. It's a fast-moving sport and if you've never seen a wrestling meet before, it can be quite confusing. Here's a brief explanation of what's going on:

The main objective of a wrestling match is for a wrestler to pin the opponent's shoulder to the mat for 2 seconds—also called a *fall*. You can gain points by taking actions that lead toward a *fall*. A *technical fall* is when the match is stopped because a wrestler is beating his opponent by at least 15 points. Each match lasts 6 minutes, divided into three periods of 2 minutes; or until a fall or technical fall—whichever comes first. If no fall occurs during the six minutes, the wrestler with more points is the winner.

The first (2-minute) period of the wrestling match starts with both wrestlers standing. Progress toward a fall begins with taking your opponent off his feet down to the mat. This is called a *takedown*, worth 2 points. (You may hear a wrestler's teammates shouting for him to *shoot* in for a leg tackle, the most common way of taking an opponent to the mat.) Once on the mat and in control of the opponent, the advantage wrestler must attempt to turn his opponent on his back. The disadvantaged wrestler (on bottom) must attempt to get away or get on top. If either opponent does not try to accomplish their task, they will first be warned for *stalling* and then penalized.

Top Man: If the opponent's shoulders are less than 90 degrees toward the mat for 2 to 4 seconds, the advantage wrestler receives 2 points. Holding the opponent in this position for 5 seconds or more is worth 3 points.

Bottom Man: Getting away by coming to a standing position (neutral) is worth 1 point and called an *escape*. Reversing position from disadvantage to advantage is worth 2 points and called a "reversal."

The second and third periods begin with one wrestler

having his choice of what is called *referee's position* (top or bottom), the *neutral* standing position, or to defer his choice to his opponent. The referee's position begins with one wrestler on his hands and knees (called *down position*); the other wrestler takes what is called *top position*. The top wrestler, in a referee's position, either begins with one hand on the opponent's elbow and the other on the opponent's waist or standing with both hands placed on his opponent's back (called an optional start).

Choice of top, bottom, or neutral position is determined by coin toss. This coin toss takes place at the start of the match with the team captains and the referee in the middle of the mat. The choice at the end of the first period alternates between the teams' every match. For tournaments, the coin toss is done for every match.

Another way to receive points is through penalties that may be committed during the match. These penalties are for illegal holds (such as choking your opponent), stalling (not taking action against your opponent to improve your position), unnecessary roughness, flagrant misconduct, or grabbing the opponent's singlet.

Should the match be tied at the end of the 6-minute regulation time, both wrestlers will start a 1-minute period with the first wrestler to score being declared the winner. Should neither wrestler score in the 1-minute period, two 30-second tiebreakers will be wrestled with one wrestler on top and the other on bottom. The winner will then be determined if one wrestler outscores the other. Should the match still be tied, one 30-second period will occur. The wrestler scoring the first points in the match chooses top or bottom. If top is chosen, the wrestler must control the advantage position for the 30 seconds or score penalty or near-fall points. The bottom wrestler must score at least one point in the 30-second time period. Any overtime match where a wrestler is in a pinning situation, the advantage wrestler has the opportunity to score a pin for the match as long as the pinning criteria are maintained.

Match Points:

Fall:	ends the match
Takedown:	2 points
Near Fall:	2 or 3 points
Escape:	1 point
Reversal:	2 points

Team Points:

Forfeit, default, fall:	6 points
Technical fall (winning by 15 points):	5 points
Major decision (8 points or more):	4 points
Decision:	3 points

NEISWA History, 1947-2010 *Compiled by Jack Craig, NEISWA Secretary-Treasurer (1997)* *Updated by Bill Barron, NEISWA Secretary-Treasurer (2006)*

When it was first formed, the New England Interscholastic Wrestling Association (NEIWA) included 20-30 public and private schools. Its purpose was two-fold: to foster wrestling in New England secondary schools and to conduct an annual interscholastic wrestling tournament. Currently, the NEISWA (New England Independent School Wrestling Association) has over 50 teams, comprised of private boarding and day schools throughout New England, competing in four leagues: Class A (teams from CT, MA, ME, NH, RI), Eastern (Boston Area Schools), Independent ISL (MA teams plus one each from NH, RI), and Western New England (CT teams and NY schools). League tournaments in February qualify individuals from the New England championship; any wrestlers who has won two-thirds of his or her league matches, as well as the Eastern League champion and the top four from the other three leagues, are eligible to compete. Many former prep school wrestlers are now coaching at their alma mater or other schools (as many as 12 in 1997-98).

The first New England tournament was held in 1947. For the next few years, legendary wrestling names such as Gibby Graves (Buckingham, Browne, & Nichols), Haig Varadian (Cranston, RI), Louis Andrews (Milton), Wilbur Stoner (Nobles), and Bert Kelsey (Roxbury Latin) would pick the best wrestlers throughout New England to form 8-man brackets and select alternates for each of the 9 weight classes then in use: 115, 123, 130, 138, 147, 157, 167, 177, and Heavyweight. By 1953, “chalks and slates were provided at the scorers’ tables, “the entrants were provided lapel pins” (suggested by M. Gorriaran), and in 1957 the contestants were required to wear “wrestling jerseys” while competing, thus ending the bare torso era!

In his book, *Trying to Save Piggy Sneed*, author John Irving (an Exeter '61 wrestler) recounts some of his experiences wrestling under their long-time coach Ted Seabrooke. The Association had more than doubled in size by this time, and in 1961 public and private New England schools separated to hold their own championships. It was Coach Seabrooke, along with Heb Evans (Governor Dummer), Ted Reese (Nobles), and Dick Lux (Andover) who worked on the creation of the Class A, B, and C leagues for independent schools. Heb Evans began his fastidious work on the newsletter for the Association. Frank Millard (Northfield Mt. Hermon) has continued with the Class A Newsletter, which has weekly updates on the league as well as notable individuals and teams throughout the N.E. Association. While records

from this decade are spotty, Ted Davis (Hotchkiss) maintained copies of the brackets from the very beginning, which are now in the Hotchkiss and NEISWA libraries for anyone wishing to research further.

In the early 1970s, St. Paul’s School (NH) joined the Association, and Coach John Buxton soon became the Association’s secretary-treasurer. Along with Graham Ward (Brooks), Dick Griffin (Milton), and Larry Bidstrup (Tabor), they worked on upgrading the New England Championships. By 1981, the Tournament had a format open to all N.E. private schools and was held annually at MIT.

With a slight acronym adjustment (N.E.I.S.W.A.), the New England Association had a very active *western* subset of Connecticut coaches (WNEISWA) that included John Wynne (Taft) and Ted Davis (Hotchkiss). They worked with Steve Toubman (Nobles), Duncan Innes (PCD), and Steve Ward (Roxbury Latin) to tackle issues such as the quality of entrants, date conflicts with the National Prep School Championships, and rising expenses. Choate (CT) was the first N.E. school to participate at the national level, entering the competition in 1938. New England has represented itself well at the national level, including a total of 257 All-Americans from 1935 to present, as well as 28 National Prep School champions. Recently the leagues have moved their tournaments back a week to allow for additional participants, leading to a surge in N.E. place-winners, with a high of 19 All-Americans in 2003 and 62 placing in the top 8 from 2003-06.

Tournament “guru” Frank Millard (NMH) arrived in the late 1980s, after distinguishing himself in the collegiate coaching ranks. The major change was to bring the New England’s back to the schools, where it has been hosted by the four leagues on a rotational basis. We currently have over 50 teams from the seven New England states. The 21st century version of the N.E. championships brings together more than 230 participants in 16-man brackets to compete in the 14 weight classes!

A major change is the adaptations of the national weight measurement program, which assesses wrestlers’ body fat, establishing a system for attaining and maintaining an ideal wrestling weight throughout the season, which cannot go below 7% (male) or 12% (female). In 2001, the Association voted to allow females to be full participants in league matches and tournaments, as well as be eligible to qualify for the New England Championships.

New England Team Champions (1949-2009)

(Note: 1949-1961—public and private combined; 1962-1970—private separate, no championship held)

1949 Milton Academy	21 points	1985 Milton Academy	
1950 Milton Academy	33 points	1986 Deerfield Academy	
1951 St. Marks School	18 points	1987 Phillips Exeter Academy	
1952 Milton Academy	20 points	1988 Phillips Exeter Academy	
1953 Choate School	24 points	1989 Phillips Exeter Academy	
1954 Phillips Exeter Academy	22 points	1990 Tabor Academy	118 points
1955 Choate School	35 points	1991 Phillips Exeter Academy	122.5 points
1956 Phillips Exeter Academy	72 points	1992 Phillips Exeter Academy	144 points
1957 Phillips Exeter Academy	50 points	1993 Deerfield Academy	
1958 Kent School	38 points	1994 Phillips Exeter Academy	116.5 points
1959 Phillips Exeter Academy	37 points	1995 St. Paul's School	116 points
1960 Phillips Exeter Academy	54 points	1996 Taft School	115.5 points
1961 (unknown)		1997 St. Paul's School	147.5 points
1971 (unknown)		1998 St. Paul's School	184 points
1972 (unknown)		1999 Williston Northampton School	106 points
1973 (unknown)		2000 Phillips Exeter Academy	181.5 points
1974 (unknown)		2001 Phillips Exeter Academy	161 points
1975 (unknown)		2002 Loomis Chaffee School	163 points
1976 (unknown)		2003 Loomis Chaffee School	178 points
1977 (unknown)		2004 Loomis Chaffee School	186 points
1978 (unknown)		2005 Trinity Pawling School	121 points
1979 (unknown)		2006 Loomis Chaffee School	178.5 points
1980 (unknown)		2007 Belmont Hill School	131 points
1981 St. Paul's School		2008 Northfield Mt. Hermon	201 points*
1982 Tabor Academy		2009 Belmont Hill	179 points
1983 Governor Dummer Academy			
1984 Hopkins			

***Points Record for Team**

NEISWA Coach / Official Outstanding Service Recognition

1993- Dave Hudson, Phillips Exeter Academy (NH), 1982-1991: 7 Class A, 4 N.E. Championships
 1994- Graham Ward, Brooks School (MA), 1966-1992: 2 ISL Dual, 1 Graves-Kelsey Championships
 1995- Dick Griffin, Milton Academy (MA), 1975-1993: 11 ISL Dual, 7 G-K, 1 N.E. Championships
 1996- John Wynne, Taft School (CT), 1966-1995, Career: 244-96-7, N.E. Championship
 1997- Larry Bidstrup, Tabor Academy (MA), 1964-1996: 5 Class A, 2 N.E. Championships
 1998- Ted Davis, Hotchkiss School (CT), 1970-1997, Program Founder; Career Record: 180-156-12
 1999- John Buxton, St. Paul's School (NH), 1969-1998; Career: 307-130, 4 N.E. Championships
 2001- Frank Millard, Northfield Mt. Hermon School (MA), 1985-2008; Class A Newsletter Editor
 2002- Bill Treese, Worcester Academy (MA), 1984-2002; 2 National Prep Runner-Up's
 2003- Dave Coratti, Trinity-Pawling School (NY), 1984-2003, Career 230-59, 4 WNEC Championships
 2003- Jack Jones, Prep School Official, 1963-present; Co-Founder, Eaglebrook Jr. Prep Program
 2004- Steve Ward, Roxbury Latin School, 1976-present; 9 ISL, 12 Graves-Kelsey Championships
 2005- Jack Craig, Fay School: 1971-1978, 63-16-0; Moses Brown School: 1978-2001, 230-140-8
 2006- Tim Ostrye, Brunswick: 1981-2006, 342-46-3; 2006 National Service Award, 7 WNEC Championships
 2006- Bill Bourne, Park School, 1961-2005; Founder, First N.E. Jr. Prep Program; In Memoriam
 2006- Bill Poirot, Brooks School, 1967-1990; Lifetime Service Award; In Memoriam
 2007- Don Bradley, Belmont Hill School
 2008- Tim Walsh, Tabor School
 2009- Livingstone Carroll, Roxbury Latin School, Middle School Coach
 2009- Bill Barron, Cardigan Mountain School & Hyde School (CT)

NEISWA Championships: Most Outstanding Wrestlers

(Note: 1949-1961: public/private combined; 1962-1970: private separate, no championship; weight class in parentheses)

1949 (unknown)	1984 (unknown)
1950 (unknown)	1985 Scott Schwartz, St. Mark's (121)
1951 (unknown)	1986 Courtney Henry, Roxbury Latin (127)
1952 Nathaniel Raymond, Browne & Nichols (167)	1987 Randy Peck, Avon Old Farms (127)
1953 Edward G. Amerantes, E. Providence HS (115)	1988 Scott Carlsten, Loomis (160)
1954 Peter Howard, Phillips Exeter (167)	1989 Ty Romeyn, Tabor (125)
1955 Isadore Ramos, E. Providence HS (PUB) (115)	1990 Rei Tanaka, Exeter (125)
1956 Wade Williams, Nobel & Greenough (138)	1991 Jung Lee, Brooks (145)
1957 Wade Williams, Nobel & Greenough (147)	1992 Bradford Woodworth, Phillips Exeter (171)
1958 Joseph Marciano, Mt. Pleasant HS (PUB) (147)	1993 (unknown)
1959 James Ferguson, Kent (177)	1994 Grant Whitmer, Phillips Exeter (189)
1960 Dennis Kearney, LaSalle Academy (127)	1995 Conan Leary, Tabor (160)—beat 3X champion
1971 Rich Solomon, Rivers (115)	1996 (unknown)
1972 William Haley, Hopkins (127)	1997 Conan Leary, Tabor (171)
1972 Scott Harrigan, Roxbury Latin (145)	1998 Greg J. Stanislaus, Loomis (145)
1973 Sean Bilodeau, North Yarmouth Academy (152)	1999 Jeffrey Bean, Exeter (152)
1974 George Utley, Taft (152)	2000 George Waterman, PCD (140)
1975 Harold Conforti, Williston Northampton (127)	2001 (unknown)
1976 (no tournament)	2002 (unknown)
1977 Micahel Hogan, Tabor (133)	2003 Mike Powers, Loomis Chaffee (119)
1978 Rober Eon, Main central Institute (145)	2004 Josh Wildes, Pomfret (130)—1 st 4X champion
1979 Paul Oullet, Milton (167)	2005 Corey Stewart, Loomis Chaffee (135)
1980 Robert Ginsberg, Loomis (127)	2006 Sean Bilodeau, Brooks (140)
1981 (unknown)	2007 Sean Bilodeau, Brooks (152)
1982 Thomas Fraser, Tabor (127)	2008 Kyle Palmer, Trinity-Pawling
1983 (unknown)	2009 Shaun Stuer, Phillips Exeter (Andover)

NEISWA Member Schools, 2009-2010

American School for the Deaf	Gunnery School	Phillips Exeter Academy
Avon Old Farms	Hamden Hall Country Day	Pomfret School
Bancroft School	Hopkins School	Providence Country Day
Beaver Country Day	Hotchkiss School	Rivers School
Belmont Hill School	Hyde School (CT)	Roxbury Latin School
Brooks School	Hyde School (ME)	Salisbury School
Brunswick School	Landmark School	St. Mark's School
Buckingham, Browne & Nichols	Lawrence Academy	St. Paul's School
Canterbury School	Lexington Christian Academy	St. Sebastian's School
Chapel Hill-Chauncey Hall	Loomis Chaffee	Suffield Academy
Chase Collegiate	Marianapolis Preparatory	Tabor Academy
Cheshire Academy	Marvelwood School	Taft School
Choate Rosemary Hall	Middlesex School	Thayer Academy
Concord Academy	Milton Academy	Tilton School
Deerfield Academy	Moses Brown	Trinity-Pawling School
Fay School	New York Military Academy	Wilbraham & Monson Academy
Forman School	Noble & Greenough School	Williston Northampton Academy
Governor's Academy	Northfield Mount Hermon	Worcester Academy
Greens Farms Academy	Phillips Academy (Andover)	