

2009-2010

OAK PARK-RIVER FOREST HIGH

Huskie Wrestling



2009-2010 Senior Class

**WRESTLING FAMILY
2009-2010**

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www.oprfwrestling.com

2009 - 2010 Varsity Schedule

Date	Day	Event	H/A	Time	Location
11/25/2009	Wed	vs. ST. PATRICK	H	6:45 PM	FIELDHOUSE
11/27/2009	Fri	vs. INVITATIONAL - INVITE	A	11:00 AM	CONANT
11/28/2009	Sat	vs. INVITATIONAL - INVITE	A	10:30 AM	CONANT
12/4/2009	Fri	vs. York	A	6:45 PM	York
12/5/2009	Sat	vs. QUAD	A	9:00 AM	NOTRE DAME
12/11/2009	Fri	vs. Downers Grove North	H	6:45 PM	WEST GYM
12/12/2009	Sat	vs. QUAD	A	10:00 AM	GLENBARD NORTH
12/17/2009	Thu	vs. MT. CARMEL	H	6:45 PM	WEST GYM
12/21/2009	Mon	vs. INVITATIONAL	A	TBD	DEVORAK HARLEM
12/22/2009	Tue	vs. INVITATIONAL	A	TBD	DEVORAK HARLEM
12/29/2009	Tue	vs. INVITATIONAL	A	8:30 AM	GRANITE CITY
12/30/2009	Wed	vs. INVITATIONAL	A	8:30 AM	GRANITE CITY
1/7/2010	Thu	vs. Hinsdale Central	H	6:45 PM	WEST GYM
1/8/2010	Fri	vs. Glenbard West	A	6:45 PM	Glenbard West
* 1/9/2010	Sat	vs. LIBERTYVILLE-ST.RITA-WHEATON NORTH - QUAD	H	10:00 AM	FIELDHOUSE
1/15/2010	Fri	vs. Proviso West	A	6:45 PM	Proviso West
1/16/2010	Sat	vs. QUAD	A	10:00 AM	DUNDEE CROWN
1/22/2010	Fri	vs. Lyons Township	H	6:45 PM	FIELDHOUSE
1/23/2010	Sat	vs. INVITATIONAL	H	8:00 AM	FIELD HOUSE



ALUMNI/WRESTLING FAMILY REUNION EVENT



After the meet! There is an Alumni/Wrestling Family get-together at Molly Malone's in Forest Park. The Alumni/Wrestling reunion will take place immediately following the conclusion of the St. Pats meet.

Below are the full details of the Alumni/Wrestling Family reunion:

- WHO:** Alumni/Wrestling Family
- WHEN:** Immediately following the conclusion of the St. Pats meet on November 25
- WHERE:** Molly Malone's - 7653 Madison Street in Forest Park - [Molly Malone's Website](#)

Go Huskies!

Join The Fun!!!

Go Huskies!

Support Huskie Wrestling!!!

Help Support OPRF Wrestling by contributing to the Wrestling Family or by sponsoring The team via the program.

Email your logo to

kowalczukpeter@hotmail.com. An ad in each program will be provided for a small sponsorship fee of \$250 minimum (of course if you want a private pag we can arrange that for a few extra bucks).



"I spend a lot of time trying to create that feeling of family away from home. It's a place where you know you're going to be loved and you're expected to be successful. All of these things culminate in a feeling of, 'I'm important and I have meaning.'"

—Coach Mike Powell

P M Walsh & Co

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Elmwood Park, IL 60707

Go Huskies!

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**JOHNSON, JONES, SNELLING, GILBERT & DAVIS, P.C.
Attorneys At Law**



DRESSEL'S HARDWARE

Steve Matticks Remodeling

Sponsor OPRF Wrestling today or if you have any questions about the OPRF Wrestling Family. Program suggestions also welcome.

Contact Pete Kowalczyk at kowalczykpeter@hotmail.com

ALL PROCEEDS GO TO HUSKIE WRESTLING!!!

Team Scoring:

VARSIITY

School Name

School Name

OPRF

vs.

St. Pats

					Team
Weight	Wrestler's Name	Score	Wrestler's Name	Score	Score
103					
112					
119					
125					
130					
135					
140					
145					
152					
160					
171					
189					
215					
HWT					
TTL					

Have you contributed to Wrestling Family?

Won By	Team Points		
Fall (aka Pin)	6 points		
Forfeit, Default, or Disqualification	6 points		
Technical Fall - won by 15 or more points	5 points		
Major Decision - won by 8-14 points	4 points		
Decision - won by less than 8 points	3 points		



Folkstyle Wrestling Rules

Object: The object of a wrestling match is to gain a fall by pinning an opponents shoulder's to the mat for 2 continuous seconds, or to gain a decision by out-wrestling an opponent.

- **1st Period:** Starts from the standing or "Neutral" position.
- **2nd Period:** Choice of position is determined by a coin toss. The winner may choose top or bottom in "referee's" position or may opt to start in the neutral position.
- **3rd Period:** Choice of position is given to the wrestler who lost the coin toss before the second period. The same options apply.

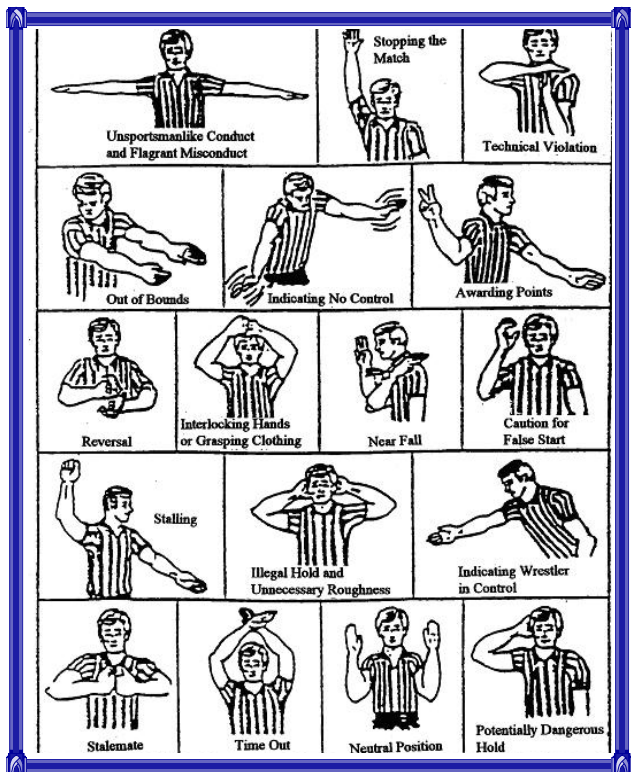
Scoring:

Move	Points	Description
Takedown	2	From a neutral position (both standing with neither wrestler having control) a wrestler gains control over his opponent down on the mat while the supporting parts of either wrestler are in bound.
Escape	1	When a defensive (bottom) wrestler gains a neutral position and his opponent has lost control while at least one wrestler is in-bound.
Reversal	2	When the defensive wrestler comes from the bottom position and gains control of his opponent, either on the mat or in a rear standing position, while the supporting points of either wrestler are in-bounds.
Near Fall	2 or 3	When near fall criteria is met for 2 seconds. Near fall criteria is: <ul style="list-style-type: none"> ● When any part of both shoulders or scapula of the defensive wrestler are held for at least 2 seconds within four inches of the mat. ● When one shoulder or scapula is touching the mat with the other shoulder or scapula held at an angle of 45 degrees or less. If near fall criteria is met for two continuous seconds, 2 points are awarded when the defensive wrestler is out of the predicament. If near fall criteria is met for five continuous seconds, a 3 point near fall is awarded when the defensive wrestler is out of the near fall situation.
Penalty	1	A wrestler is awarded point's for technical violations or infractions of the rules committed by his opponent. These points are awarded according to the penalty chart below.

Penalties:

Infraction	Warning	First	Second	Third	Fourth
Illegal holds	No	1 point	1 point	2 points	Disqualify
Unnecessary roughness	No	1 point	1 point	2 points	Disqualify
Unsportsmanlike conduct	No	1 point	1 point	2 points	Disqualify
Stalling	Yes	1 point	1 point	2 points	Disqualify
Technical violations	No	1 point	1 point	2 points	Disqualify

- Technical violations include avoiding wrestling by leaving the mat, grabbing clothing or headgear, incorrect starting position or locked hands.
- Technical violations for false start or incorrect starting position are 1 point penalty for each infraction following two cautions. This infraction does not count toward disqualification.



2009 IHSA CLASS 3A STATE CHAMPIONS

Support OPRF Wrestling by Dobating to the Wrestling Family

4, 2009

Dear Huskies Wrestling Family Members:

We are pumped for another exciting OPRFHS Huskies wrestling season after a record-breaking year. Ranked first in Illinois after winning Team State in 2009, the team also scored the highest points at the IHSA individual wrestling competition, where Nick Dardanes became first-place individual state champion. In the off-season, the young men worked diligently to prove what it means to wrestle Huskies style. Their record is phenomenal:

- Huskies contributed to three Team Illinois National Champion Dual meet teams. The Cadet Greco and Freestyle teams won the National Championship.*
- At individual nationals in Fargo, N.D., Huskies had the most participants of any Illinois team.*
- As a senior, Ellis Coleman became the first-ever Huskie to be a four-time All-American. As a freshman, Sammy Brooks became the first double Fargo All-American in OPRFHS history.*

Under the outstanding leadership of head coach Mike Powell, the young men and the entire coaching staff are working very hard to make this not only a winning season on the mat, but a definitive component of each young man's life. As many of you know, being a part of the Huskies Wrestling Family is about much more than wrestling. It is about the lessons of integrity, discipline and accountability.

We need your help in volunteer time and financial contributions to keep the Huskies Wrestling Family strong. With your generosity, we can meet our annual fundraising goal of \$15,000 to help pay for coaches' stipends, as well as equipment, uniforms, travel expenses and subsidies for some of our wrestlers who cannot afford the costs related to travel and competition.

Please join us at the OPRFHS Fieldhouse Wednesday, November 25 at 6 p.m. for the traditional season opener dual meet against St. Pat's. Please consider making a tax-deductible contribution today to the winningest wrestling team in Illinois. Checks can be made out to the OPRF Wrestling Family at the address below. You will receive a Huskies Wrestling Family t-shirt as well as the understanding that your gift truly makes a difference.

We appreciate your donations of time in several volunteer capacities as well as your cash or check contributions. Please contact Mike Powell (mpowell@oprfs.org) or Tom Johnson (tjohnson@jisgd.com) to volunteer, donate or have any of your questions answered.

The Huskies Wrestling Family welcomes you to be an integral part of another winning season. We look forward to seeing you in the stands. The wrestlers, coaches, parents, friends and families are grateful for your support.

*In relentless pursuit,
Robert Zimmerman (Coach 1961-1990)
Norm Parker (Coach 1981-1994)
Niall Collins (Coach 1995-2004)*