Wesleyan Wrestling had another banner season in 2010-11, producing the second best dual record in Wesleyan history with a 16-3-1 mark including a program-best 11 straight wins. The team took first place at the conference dual championship and finished third at the New England Championships for the second consecutive year with three New England finalists, seven all-New England wrestlers, and sending conference 174-pound champ Kyle Roosa ’13 to the NCAA Tournament. Wesleyan continued to factor in the national rankings, finishing 29th in the final regular season poll during the 2010-11 campaign.

2011 - Three New England Finalists: Runner-up Chris Alvanos ’11 @ 125, New England Champion Kyle Roosa ’13 @ 174, and runner-up Jefferson Ajayi ’13 @ 184.
Top 10 List for Wesleyan Wrestling 2010-11

10 - Past seasons the program has attained a 109-72-3 record (120 wins in 11 seasons) and 10-consecutive years the program has attained “Scholar All-American Wrestling Team” (year & national ranking) - 2001-3rd, 2002-4th, 2003-21st, 2004-10th, 2005-3rd, 2006-17th, 2007-12th, 2008-20th, 2009-7th. 2010-4th. 4th in the nation in 2011!

9 - Winning seasons over the past 11 years.

8 - Consecutive victories in dual meets (1983 team & 2002 team) - just surpassed by the 2011 Cardinals with 11 consecutive wins - the most in Wesleyan program history. Eight wrestlers who are multiple-time winners of the prestigious “Scholar All-American” (Dan Bloom-3, Greg Hurd-3, Brian Fair-3, Adam Jonas-3, Camilo Rincon-Camacho-2, Dave Bartlett-2, Dave Bachy-2, Dan Conroy-2).

7 - All-New England Wrestlers at the NEWA Championships in 2011 & 2010 (Chris Alvanos 2nd @ 125, Kyle Roosa New England Champion @ 174, Jefferson Ajayi 2nd @ 184, Luke Erickson 5th @ 197, Dan Conroy 5th @ 285, Howard Tobochnik 5th @ 149, Troy Sampson 6th @ 157) and seven wrestlers with a GPA greater than a 3.5.

6 - New incoming members to the Wesleyan wrestling family. A very talented group of state placers, state qualifiers, and motivated student-wrestlers for the incoming class of 2015.

5 - Years in the past six seasons that Wesleyan has been represented at the NCAA tournament (Dan deLalla, 2006 & 2007; Dan Bloom & Greg Hurd, 2009 & 2010; Kyle Roosa, 2011)

4 - Top seniors (Chris Alvanos, Dan Conroy, Nick Matayoshi, & Bryant Jiravisitcul) who helped lead the team to be nationally ranked #29 and placed third or better in three tournaments (RIT 2nd/9, NEWA Duals 1st/14, NEWA Championships 3rd/14). Chris Alvanos placed 2nd and Dan Conroy placed 5th at the New England Championships.

3 - Scholar All-Americans 2011

- **Chris Alvanos** - 3.28 GPA, 32-7 record, career record 88-46, New England Runner-up, Team Captain
- **Howard Tobochnik** - 3.81 GPA, 29-12 record, career record 51-29, two-time NEWA Placer (5th)

And

3 - New England Finalists for three consecutive years (2011 - Chris Alvanos @ 125, Kyle Roosa @ 174, Jefferson Ajayi @ 184).

2 – Third-place finishes at the New England Championships (NCAA Qualifier) for two consecutive years and two wrestlers with a team-leading 13 pins, Team Gorrarian Award Winners (Dan Conroy, Howard Tobochnik). This is Howard’s 2nd year in a row in leading the team with pins.

1 - Special season with special people, the 2010-11 Wesleyan Wrestling Cardinals, “The Red & Black Attack.”
COACHES “Stance In Motion”

Dear Wesleyan Wrestling Alumni, Parents, Wrestlers, Friends, and Wesleyan Supporters:

I hope you have had a wonderful summer. My summer has been great and the coaching batteries are charged up for another season ahead with “The Red and Black Attack.”

I hope you have been receiving and enjoying my weekly email updates on the achievements, improvements, and successes of the Wesleyan Cardinal Wrestlers this past year. If not, make sure I get your email address on our list. Also, I emailed (not a hard copy) our last newsletter in December of 2010 recapping the 2009-10 banner year. If you missed it, please go to http://www.wesleyan.edu/athletics/wrestling/alumni-newsletter.html to catch up on that great season as well. You can find this newsletter and past newsletters on our Wesleyan Wrestling home page http://www.wesleyan.edu/athletics/wrestling/index.html

What a 2010-11 campaign for the “Red & Black Attack,” the Wesleyan Cardinal Wrestling Team. I am always very proud of the hard work, smart work, and teamwork our top student-wrestlers put in during their tenure at Wesleyan. I always say and will continue to say that it takes a special person to be a top student and a top wrestler at Wesleyan University for four years. I am very fortunate and appreciative of the great young men whom I get to work with and have worked with in my now 13 years at Wesleyan. I want to first thank our graduating seniors for their dedication, commitment, and follow through during their tenure at Wesleyan. I will go in weight class order. Thank you Chris Alvanos, Nick Matayoshi, Bryant Jiravisitcul, and Dan Conroy.
What a special group of young men who have raised the bar in every way. I will miss these young men, while at the same time, I am very excited about our returnees and newcomers. We had a fantastic freshman group, class of 2014, this past season in Jake Barack, Alex Cannon, Greg Faxon, Troy Sampson, Joey Schwartz, Jacob Sheffer and Nick Treuer. The class of 2014 can have a very special tenure and continue the path of excellence set by many before them and most recently our top seniors in both 2010 and 2011. All of these competitors helped our team immensely and the current newcomers in the class of 2015 are also very talented and will have an immediate impact on our program. They include Ben Schwartz @ 125, Michael Baratz @ 141, Harry Frank @ 141, Zach Larabee @ 149/157, Ryan Sbendorio @ 165, Greg Kelley @ 197, and Austin Frank @ HWT.

Reunion/Commencement Weekend is always a special time of the year with future leaders leaving the campus to begin their next exciting endeavor, while so many of our special Wesleyan graduates and leaders return to campus to reminisce about the “good ol’ days” at Wesleyan. I was fortunate to meet with a number of alums at the class of 1956’s 55th reunion. Jim Gramentine ’56 spearheaded a talk about Wesleyan Athletics in the 50’s atop our Allbritton Center. I enjoyed listening to the stories from former student-athletes in Al Haas ’56, 157-pound competitor; Jack Dunn ’56, heavyweight; Lou Larrey ’61, Jay Jenkins ’56, Andrew Mason ’56 and Bill Bixby ’56, who played baseball at Wes. The stories sounded the same then as they do now with lots of laughs, relationships developed, and feelings of pride. I enjoyed a great lunch talking with Jim Gramentine about his life at Wesleyan and learning of his great commitment to the sport of wrestling. Jim was a New England Champion at 137 pounds. I also had the pleasure of seeing another well-known alum, Dr. Al Williams ’61. Al has been a tremendous supporter of Wesleyan and our wrestling program. It was great to see Al get another “Outstanding Service Award” from Wesleyan in our beautiful campus chapel. Here I was able to take a picture with two former New England Champions in the same weight class, 137 pounds, during Commencement weekend.
Please save the date and make a trip back to Wesleyan for homecoming weekend November 4-6, 2011.
Wesleyan Wrestling will be hosting a "Friends of Wesleyan Wrestling Breakfast" in our wrestling room beginning at 9:30 a.m. on Saturday, November 5. A continental style breakfast will be served. Come and see the Cardinals run through a mini-practice beginning at 10:30 a.m., followed by team introductions and team goals set for the great season ahead. Then it is off to the big football game at 1 p.m. with Head Coach Mike Whalen '83 leading the team vs. Williams College. Hope to see you there.

The big news for the upcoming season is that Wesleyan is hosting the 2012 New England Wrestling Championships! This may be the last New England Championship in this format because NCAA Division III will most likely move to Regional formats (to be voted on this fall). Looks like we will be in the Northeast Regional in 2013 with Cortland, Ithaca, Oswego, and Oneonta added to our 14-team conference. The good news is that our NCAA number of qualifiers will go from 170 to 180 and we will add 18 spots for qualifiers in our region. This means the top three in each weight will have an automatic berth to the NCAA Championships from our regional tournament. I am hoping to have a great turnout at this year's New England Championships so please mark your calendar for the February 24-26th, 2012 weekend. Head Football Coach Mike Whalen, a prestigious football and wrestling alum (four-time heavyweight New England Champion) will be helping with our championships and is looking to have a wrestling alumni dinner on Friday night before the tournament. I hope you can make it in for this great weekend of wrestling at Wesleyan. To add more reason to attend, the Cardinals return eight of 10 starters and are again looking to make a run at a team championship!

I would now like to take this time to thank each of you for your support this past year. We are able to do many things with your generous contributions such as team practice apparel; video/computer expenditures; important overnight accommodations; bus travel; team & individual awards for the wrestling banquet; team meals on the road; recruiting expenditures; sanitary items to keep our locker room, wrestling room, and bodies clean and healthy during competitions all year and many other useful things. I know the economic climate is challenging right now and it is important for you to know how grateful and appreciative we are for your support of our team and program. Each of your contributions and donations enable our team to experience a season of success, improvement, and achievement. For all the alumni and friends who have been contributing to the wrestling team and Wesleyan University I want to sincerely THANK YOU. If you have supported us in the past please consider supporting us in the future. If you have any questions or need any information about Wesleyan and the wrestling program please do not hesitate to call or email me. I hope we can continue our relationship working with our Wesleyan Wrestling Program and family.

P.S. If a donation is made to the wrestling team, please make the check payable to:

Wesleyan University Wrestling

Please send the check to: Wrestling Office
Wesleyan University
Freeman Athletic Center
161 Cross Street
Middletown, CT 06459-0413

Please include your name, class, address, phone # and email address with your donation.

All donations are tax-deductible. Please note that this gift does not count toward the unrestricted "Wesleyan Fund," but you will be counted as a participant in Wesleyan’s current fundraising campaign. We hope you also will support the Wesleyan Fund each year. Thanks for all your support!!
Most Recent 2010-11 Contributors to the Wesleyan University Wrestling Program

• The next pages identify our generous contributors, followed by MORE GREAT WRESTLING INFO!!

THANK YOU!

• Mr. Bill & Janet Robichaud P’05
• Dr. Allan F. Williams ‘61
• Barry Family Foundation c/o Loeb & Loeb (P’12)
• Mr. Charles & Susan Alvanos P’11
• Drs. Douglas Hurd & Cynthia Parlato-Hurd P’10
• Mr. Rob Miller ’82
• Mr. Matt ‘04 & Rebecca Moran
• Mr. Eric Krasnoo ’84 & Linda Krasnoo
• Mr. Frank Leone ’71
• The Whizzer ’72
• Mr. Jan & Andrea Tobochnik P’13
• Mr. Jerold & Paula Matayoshi P’11
• Ms. Gail Conroy P’11
• Mr. Daniel & Kathleen Mena P’13
• Mr. Thomas & Janet Bachy P’10
• USAWCT, Inc.
• Mrs. Dorothy Oluonye P’13
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• Merle & David Barack P’14
• Yetta & Harry Barack
• Seymour & Elaine Diamond
• Donald & Dominique Reed
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• Roger Cady & Kathleen Farmer-Cady
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• Mocera, Visconti & Co CPA’s LLP
• James Nager/John Lapidus, DMD, PC
• Patricia & Ralph Oliva
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• Herbert & Mary Matayoshi
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• Ellen Goldmuntz
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• Darryl Nagata
• Linda & Kyle Yamada
• Jo Ann Kok
• Mary James
• Gretchen Newman
• Alan B. Newman
• Huiling Chen
• William Hakius/Lucanne Caruso
• Thomas & Carmela Oddo P’12
• Vincent & Andrea Capalbo
• Michael & Gail Simon
• Mark Martell
• Richard Heidrick
• Dr. Dominic Colarusso
• George & Catherine Sampson
Annual Wrestling Awards Banquet

After each season we have a semi-formal banquet so we may reflect on the past season and recognize the team and each individual for their improvements, successes, and achievements. This year we celebrated at First & Last Tavern on Main Street in Middletown. This year’s special award recipients were:

- **Excellence in Wrestling, Leadership, & Scholarship** – Chris Alvanos ’11, Dan Conroy ’11
- **Excellence in Scholarship** - Bryant Jiravisitcul ’11, Howard Tobochnik ’13
- **Ironman Award** - Howard Tobochnik ’13, Maika Nagata ’13
- **Gorrarian Award (most falls) - (13 pins)** Dan Conroy ’11, Howard Tobochnik ’13
- **11th Man Award** – Nick Matayoshi ’11, Bryant Jiravisitcul ’11
- **Most Improved Wrestler** – Nick Scotto ’13, Alex Cannon ’14
- **Turnaround Wrestler Award** – Tom Oddo ’12
- **Peak Performer Award** - Kyle Roosa ’13
- **Newcomer of the Year** – Troy Sampson ’14
- **SENIOR APPRECIATION AWARD** – Chris Alvanos ’11, Dan Conroy ’11, Nick Matayoshi ’11, Bryant Jiravisitcul ’11

“Biddi Award” Recipients, 2011

This award recognizes a “Friend(s) of Wesleyan Wrestling” who gives back and helps support the Wesleyan Wrestling Program in every way. The support of Wesleyan Wrestling has been tremendous. The award is named after our current Athletics Director and former wrestling coach of 15 seasons, John Biddiscombe. The sixth annual “Biddi Award” recipient(s) were recognized at our annual wrestling awards banquet in April. They were:

- Mr. Charles & Susan Alvanos
- Mr. Kevin & Lorie Nagata
• Mr. Russell & Maureen Scotto
• Mr. Joseph & Rita Roosa
• Mr. John & Julie Sampson
• Ms. Gail Conroy & family

And a very special thank you to the Robichaud Family (William & Janet Robichaud), the Barry Family (Robert & Deborah), and the Williams Family (Al & Wendy) for their consistent support of Wesleyan Wrestling.

WEBCASTS FOR THE 2011-12 SEASON-Brought to you by Collaborative Consulting
http://www.collaborative.com

4-Home Matches 2011-12 season

Home webcast: Saturday, December 10th @ 1:00 pm vs. Rhode Island College
Saturday, January 28th @ 1:00 pm vs. Springfield College
Saturday, February 11th @ 1:00 pm vs. Oswego State

We do have another home quad meet on Saturday February 4th vs. Williams, Oneonta, & Plymouth State. We will look to webcast the Williams match.

Webcast the New England Championships Final - February 26, 2012 @ Wesleyan.

Weekly Update Throughout the Wrestling Season
I would like to keep the wrestling alumni, parents, & friends of Wesleyan Wrestling abreast of the weekly events, competitions, news, & happenings with the wrestling program via a weekly in-season email newsletter. This has been very well received and enjoyable for our supporters to be able to keep a pulse on the team and where we are heading next. Please send your email address or a change in your email address to dblack@wesleyan.edu or call me at 860-685-2907. I look forward to hearing from our wrestling alumni, parents, friends, and supporters. If you have email addresses of other teammates and/or friends of Wesleyan Wrestling please send those as well. Thank you.

Recruiting
Please feel free to get in touch with me about any outstanding high school student wrestlers. There are so many Wesleyan Wrestling alums all around the country. This is an exceptional way to help Wesleyan get the edge in maintaining a competitive and winning wrestling team. One can never have enough help in recruiting. I thank you in advance for your assistance.

Wesleyan Athletic Advantage Program
In 2008, Wesleyan began a job-shadowing program that places current Wesleyan student-athletes with former Wesleyan student-athletes so they can explore job opportunities they might enjoy after graduation. Since that time, the program has expanded into something now called the Wesleyan Athletic Advantage, which includes a number of ways alums can assist current Wesleyan student-athletes. A complete explanation of the Wesleyan Athletic Advantage program is available on the Wesleyan athletic web site at < http://www.wesleyan.edu/athletics/deptinfo/Athletic_Advantage.pdf >. If you are interested in volunteering for this exciting venture, please contact Coach Black at the email address or phone number identified above. Thank you very much.

Want some Wesleyan Wrestling apparel? You can now go to our on-line store from our athletic web page at:

http://www.wesleyan.edu/athletics/wesgear/index.html
https://billings.itemorder.com/shop

You choose the logo, “Wrestling,” colors, and have it delivered right to your home or other destination.