Happy Holidays, Merry Christmas, Happy Hanukkah, Happy Kwanzaa, Happy New Year and one of my favorites, being a Seinfeld fan, Happy Festivus, the holiday for the rest of us, I love that show.

The 2013-14 season has come and gone and we have now just completed the first portion of the 2014-15 campaign. The 2013-14 season did not stand out as the typical “Cardinal Year” on the mat, which we have grown accustomed to, especially the last few years. Super Bowl champion coach Dick Vermeil has a saying, “No one is immune to tough times.” Wesleyan graduated arguably the best class in Wesleyan history in 2013 and our program became very young almost like the circle of life. I enjoy reading about and listening to the best coaches in every sport. I am certain that no one has ever written a book or professed, the best way to a championship is to be young, injured, and have a top national-caliber schedule. Coach Bill Belichick ’75 and Coach Mike Whalen ’83 did a talk a few years back and each spoke about learning from losses. A funny quote which came about is “losing is okay as long as you learn from it, you just don’t want to get a Ph.D. in it.” This is exactly what happened to our Cardinals last season, but many positives came about as a result. First, our young team gained immediate mat-time and quality experience. I referred to our young team as “The Cutting Edge Kids.” The team was right there to be consistent winners. We did have eight of our starting wrestlers attain a winning record: **125/133 Frank Crippen ’17 (13-11)**, first-place Futures Tournament; **133 James Hamilton ’16 (22-15)**, two consecutive years with 20+ wins; **141 Matt Pelton ’17 (22-18)**, one win from placing in the Northeast Region; **157 Ed Pierce ’17 (15-14)**, one win from placing in Northeast Region while competing up two weight classes; **165 Taran Carr ’16 (21-16)**, who had a record of 9-17 in his previous season, one win from placing in Northeast Region two seasons in a row; **165 Alex Cannon ’14 (12-8)**; **174 Ryan Sblendorio ’15 (26-11)**; and **184 Simon Levin ’16 (11-7)** had two knee surgeries during this season (one at the beginning, one in January). Many of these wrestlers’ records mirror those of our top alumni when they were freshman such as Howard Tobochnik ’13 (22-17), Nick Scotto ’13 (10-9), Jefferson Ajayi ’13 (10-5) Maika Nagata ’13 (17-10), Chris Alvanos ’11 (18-13), Camilo Rincon-Camacho ’03 (14-12), Adam Jonas ’04 (13-14), and Gabe Fierro Fine ’04 (11-7). Pelton, Pierce and Carr were all one win from placing in the top NCAA Division III Region in the entire country, our Northeast Region. Our Northeast Region led the country in All-Americans last year (16) with 12 of them coming from New England colleges. New England has never had that many All-Americans in one year!

Sblendorio made second-team all-New England at 174, while three underclassmen each received honorable-mention all-New England in Hamilton at 125, Pelton at 141, and Carr at 165.

Furthermore, the Wesleyan wrestler is the true student-athlete as the team had an overall GPA of 3.447, and finished 11th in the nation as a Scholar All-America Wrestling Team. This is Wesleyan’s ninth top-11 finish in that regard over the last 14 years. Wesleyan had a Scholar All-American this past season in Sblendorio as he attained a 3.44 GPA majoring in economics while having a team best 26-11 record and team-leading nine pins. Five student-wrestlers received academic all-NESCAC honors with a GPA of 3.35 or better -- Mike Baratz ’15, Cannon, Keonmin Hwang ’15, Levin and Sblendorio.

Last season’s mat-time is proving to be a confidence booster and great preparation for success as our 2014-15 season is off to a quality start. Crippen just won the RIT Tournament at 133, Pelton has placed in two of the three tournaments, Pierce is at 149 and placed in two tournaments and is leading the team in pins, Carr is off to his best start yet with some big wins and placing in two tournaments, Sblendorio is healthy and right there to be a top contender at 174 in the region, while Levin is also healthy and winning, placing in two tournaments. We have also added three heavyweights to our team, including John San Filippo ’15, who had
to sit out all last year due to shoulder surgery. He is big, strong, moves well, and is looking great in his transition from football to the mat.

We have added a talented freshman group of seven wrestlers to the mix this season. Each new member to our team is not only a quality student and wrestler, but they are equally great as a person. Leading the newcomers thus far is Isaiah Bellamy ’18. He has reached the finals at 197 in each of our three tournaments, placing second each time. In the first two tournaments, he battled a veteran returning All-American, losing only 11-8 in the second meeting. Bellamy will be a great one, and you will hear much more from him this year.

Isaiah Bellamy ’18, finalist in first three tournaments of his freshman campaign

New Cardinals in our program 2014-15

Carter Armendarez (157)  Two-time top 12 in CA, ranked 10th at 145
Zach Bloom (157)      Fifth at National Prep Tournament-152
Matt Winchester (165)  Third in state of NH
Mitchell Klein (165/174) Two-time Section 1 placer (3rd twice)
Dominic Pirraglia (184) Third in Suffolk County, NY State Qualifier, one match away from placing
Isaiah Bellamy (197) Two-time National Prep placer (4th twice)
Joe Bongo (285) Region runner-up, NJ State Qualifier

As the old saying goes, “what a difference a year makes.” We have 23 hard-working Wesleyan wrestlers who are off to a strong start in the early going of 2014. The team is now on winter break and will return for the start of our training on January 2, 2015. With everyone at the right weight class and healthy, this team will be very competitive and challenge all comers during our dual season, the second phase of our season. We open up with the Lycoming Duals (the original Division III National Duals). I am very excited to help each one of our young men prepare to reach their highest potential, have a winning season, and as always, be wrestling their best come March madness, the Northeast Regional and the NCAA Championships, the third and final phase of our season.
COACHES “Stance In Motion”

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

Wesleyan Wrestling has attained some great successes and achievements, especially these past few years. This is a direct result of having top-quality alumni, parents, friends, family members, Wesleyan supporters, and top student-athletes all on a mission, a mission of excellence. We have one of the top universities in the country, and we want to have and continue to have a top, winning, nationally recognized wrestling program. This is attainable because of you and I am sincerely grateful to be coaching and teaching at such a dynamic place surrounded by special people. THANK YOU!

In order to continue our success, we need your help. Our mission is to bridge the gap between what we have and what we need to maintain the quality of our program. To get the job done, I’m hoping and looking for assistance from people we are close to and who want Wesleyan Wrestling to improve, achieve, and succeed.

I am making a personal appeal to you to help support our team. You can help our team with a tax-deductible contribution. The donation can be any amount, every dollar counts.

To ensure we continue to conduct a first-rate program, it is our need to annually raise $25-30K.

**Wesleyan Wrestling Top Annual Budget Items for 2014-15: ($28,500)**

The Essentials to running the wrestling program during the year:

- Training apparel (sweats, training shirts, shorts) - **$6,000**
- Travel (Bus) - **$3,500**
- Hotels - **$3,500** (we have five overnight trips this year)
- Team meal for each event during the season - **$2,500**
- Assistant Wrestling Coach (need to retain top quality people who make us better) - **$3,500**
- Recruiting costs (travel to events, recruit database info - you are who you recruit) - **$2,500**
- Bring our non-starting wrestlers to the Futures Tournament - **$500**
- Annual Wrestling Awards Banquet/Dinner - **$3,000**
- Bring assistant to NCAA Championships - **$1,500**
- Student-athlete welfare/health-cleaning items for locker room, wrestling room, skin cleanliness - **$800**
- Offer guarantees to have more home matches each year - **$1,000**
- Webcast home events - **$500**
- Finish the Biddiscombe Wrestling Room (paint ceiling, add the names of those individuals to our Al Williams ’61, Robichaud (Chris ’05) Family and the Barry (Robert ’12) Walls of Excellence, trophy case to showcase all of Wesleyan’s achievements with domed lighting on the case as you enter the room and adding some training bikes - **$17,000**

**TOTAL: $28,500** ($45,500 with the final upgrades to the Biddi Wrestling Room as we named our room in fall 2012)

Wesleyan wrestling has raised the bar in recent years. We need your help to continue this pattern. To keep the program moving to higher levels of success and achievements, fundraising efforts need to match those we are seeing on the mat and in the classroom.

There are two main methods to make your donation to Wesleyan Wrestling:

1) **Make a check donation** to “Wesleyan Wrestling” and mail it to Drew Black-Freeman Athletic Center-161 Cross Street-Middletown, CT 06459.
2) **Donate on-line:** https://secure.abilafundraisingonline.com/secure/ELH6BHGTvQ - this link is right on our athletics webpage now. A new, great feature for providing assistance to our wrestling program.
When you get to the “Giving Priorities” box, click the down arrow & click on “Wrestling”. That simple, that fast, and your donation will come to Wesleyan Wrestling!

Thank you!

I would again like to take this time to thank you for your support this past year and in past years. We are able to do many things for our student-athletes and our team (fundraising needs noted above) to provide a top-of-the-line college experience with your generous contributions. 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.

**LEVELS OF SUPPORT:**

- Varsity $25+
- All-Conference $50+
- Conference Champ $100+
- All-American $250+
- National Champ $500+
- World Champ $1,000+
- Olympic Champ $5,000+
- Hall of Fame $10,000+

**Most Recent 2013-14 Contributors to the Wesleyan University Wrestling Program**

THANK YOU!

- Bill & Janet Robichaud P’05
- Allan F. Williams ’61
- Mike Charlton ’89
- Dr. Steven Goldberg ’83
- Barry Family Foundation (Robert & Deborah) c/o Loeb & Loeb P’12
- The Whizzer ’72
- Nick Bazos ’02
- Nick Scotto ’13
- Robert Miller ’82
- Dr. Jason Chan ’02
- Justin Metz ’13
- James Gramentine ’56
- Paul Boison ’77
- Dr. Matthew Skalla ’85
- Dr. Andrew Parsons ’84
- David & Cynthia Pelton P’17
- Kevin Egolf ’05 & Amy Egolf ’07
- Andrew Craighead ’83, P’16
- Louis & Sally Cannon P’14
- Joe & Rita Roosa P’13, P’16
- Martin Koshakow & Dr. Carol Weiss P’17
- Daniel & Debra Lemieux P’17
- Adam Klein & Melanie Smith P’18
- Robert Levin & Mei Negishi P’16
- David & Justine Chamberland
- Kevin & Lorie Nagata P’13
- Henry “Hank” Andersen ’40
• Charles & Susan Alvanos P’11
• Frank & Jeanine Crippen P’17
• Thomas & Tia Hamilton P’16
• Glen & Rosemary Sblendario P’15
• Andrea Moll Tobochnik P’13
• Jan Tobochnik P’13
• Douglas Hurd & Cynthia Parlato-Hurd P’10
• John & Julie Sampson (New Direx) P’14
• Robert Kaplan ’78, P’09
• Daniel & Kathleen Mena P’13
• Jeremy & Robin Schwartz P’14
• Frank Morro GP’15
• Eric Krasnoo ’84 & Linda Krasnoo
• Francis P. O’Boyle Jr. ’85
• Stephen Treuer & DeDe LeShy P’14
• Mr. Jeffrey Kellner & family P’17
• Kurt Tauer ’73, P’00
• Chris Mixon ’09
• Jeff Bean ’03
• Dr. Darrell Killian ’98
• John & Gayle Biddiscombe
• Oren & Susan Baratz P’15
• Thomas & Janet Bachy P’10
• Michael “Mickey” Levine ’60, P’98
• Kyle Roosa ’13
• Frank Leone ’71
• Scott Steele ’80
• Howard Black ’63
• John Braitmayer ’57, P’83
• Harold C. Buckingham Jr. ’52
• Peter Crivelli ’86
• Francis K. Moll Jr. ’54, P’84
• J.B. Rogers ’85
• Michael Leonard ’03
• Ronald Loose ’60
• Scott Karsten’74
• Emely Karandy ’75
• Gregory Hurd ’10
• In Kyu & Mijin Hwang P’16
• CT Cardinals Lacrosse
• Mr. Larry DiCenzo
• Andrew Yawitz ’01

If I have forgotten anyone, please call and yell at me!
Ryan Sblendorio ’15-Team Captain, Scholar All-American, 26-11 record last year, working to be an NCAA Qualifier and All-American here in 2015

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 again at the First & Last Tavern on Main Street in Middletown. This year’s special award recipients were:

- Excellence in Wrestling, Leadership, & Scholarship – Ryan Sblendorio ’15, Taran Carr ’16
- Excellence in Scholarship- Keonmin Hwang ’16
- Ironman Award - James Hamilton ’16, Chris Siracusa ’16, Keonmin Hwang ’16, Matt Pelton ’17
- Gorrarian Award (most falls) - (9 pins) - Ryan Sblendorio ’15
- 11th Man Award – Nick Treuer ’14, Troy Sampson ’14, Mike Baratz ’15
- Most Improved Wrestler – Keonmin Hwang ’16, DJ Lemieux ’17
- Newcomer of the Year – Matt Pelton ’17, Ed Pierce ’17
- SENIOR APPRECIATION AWARD – Alex Cannon, Nick Treuer, Troy Sampson
One of Wesleyan’s finest wrestlers, Cochrane “Corky” Chase ’54, was inducted into the Wesleyan Athletics Hall of Fame this fall on homecoming weekend. Corky was an Illinois State Champ in high school and went on to be a four-time New England Champion for Wesleyan at 177 lbs. from 1951-54. He was also the “Most Outstanding Wrestler” at the New Englands in 1953 and qualified for the NCAAs. Accepting the award was his daughter, Kathy Williams. The master of ceremonies for the Hall of Fame dinner was the one and only Coach John Biddiscombe, also a Hall of Fame inductee, along with the 1984 New England champion wrestling team. Thus, wrestling is now represented by an athlete, coach and team in the Hall of Fame.

Dan deLalla ’07 got married this summer to his sweetheart Ashley. Dan is a prominent lawyer working for the prosecutor’s office in Virginia Beach, Va. Left to right: Vin deLalla ’11, Drew Marvin-Smith ’06, Dan deLalla ’07, Coach Drew Black, Kevin Egolf ’05, Chris Robichaud ’06
Beach time in Long Island with Chris Siracusa '16, Nick Scotto '13, Coach Drew Black & son Sean Black

Senior send off during senior week, Class of 2014
Left to Right: Coach Dan DiCenzo, Maika Nagata '13, Troy Sampson '14, Coach Drew Black, Alex Cannon '14, Nick Treuer '14, and Coach James Therrien

WEBCASTS FOR THE 2014-15 SEASON-
Brought to you by Collaborative Consulting  http://www.collaborative.com

Home Dates/ 2014-15 season

Home webcast: Sat., Feb. 7- vs. Williams 12 p.m.
vs. Southern Maine 2 p.m.
vs. Oneonta 4 p.m.

Sun., Feb. 15 - vs. JWU. 12 p.m.
vs. SUNY Oswego, 2 p.m.
vs. Hunter College, 4 p.m.
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 and 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 me 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 A+ PROGRAM-Looking for Wes Wrestling Alums to become a MENTOR

The A+ Program (Athletic Advantage Program) has been in existence since 2008 and has been implemented across the athletic department. Its primary goal is to enhance the student-athlete experience by connecting current players with alumni, providing career counseling, and much more. Below are aspects of the program through which you can become involved!

1) Mentor program – pairing current student-athletes with alumni who can provide sage advice on classes, living at Wes, and careers beyond.
2) WeShadow – Inviting a current student-athlete to shadow you at work to learn more about your profession.
3) Internships – Offering a one-week to eight-week internship (paid or unpaid) to a current undergraduate student-athlete.
4) Speaker series – Return to campus to share your insights about Wesleyan, your career, or how Wes wrestling helped you become what you are.

Please follow up with Drew Black if you are interested in any of the above opportunities. It is a great way to stay involved, to give back, and to stay connected with the current program. It is another exciting development in our program that will continue to distinguish us as the premier program not only in the NESCAC, but in the country!.

Drew Black - < dblack@wesleyan.edu > - (860) 685-2907

2014-15 SCHEDULE/RESULTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>11/15/14</td>
<td>Roger Williams Invitational - 5th of 12 teams</td>
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<tr>
<td>11/22/14</td>
<td>Doug Parker Invitational at Springfield - 7th of 18 teams</td>
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<tr>
<td>12/6/14</td>
<td>RIT Invitational - 3rd of 10 teams</td>
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<td>Jan. 9/10</td>
<td>Lycoming Duals#</td>
<td>Lycoming 10:00</td>
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<td>17</td>
<td>Trinity/Roger Williams/WPI</td>
<td>RWU 12:00</td>
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<td>25</td>
<td>NEWA Duals</td>
<td>Springfield 10:00</td>
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<td>30</td>
<td>Springfield</td>
<td>Away 7:00</td>
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<td>Feb. 7</td>
<td>Williams/Oneonta St./Southern Me.</td>
<td>HOME 12:00</td>
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<td>15</td>
<td>JWU/Oswego St./Hunter</td>
<td>HOME 12:00</td>
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<tr>
<td>22</td>
<td>NEWA Futures Championships</td>
<td>RWU 11:00</td>
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<tr>
<td>28/Mar. 1</td>
<td>Northeast Championships</td>
<td>RWU 11:00/10:00</td>
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<tr>
<td>13/14</td>
<td>NCAA Div. III Tournament^</td>
<td>Hershey, PA</td>
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^by qualification only    #opponents TBA