

Greetings Carolina Wrestling Alumni and Fans; it has been awhile since our last update. I have not been more excited about a season since the year I took over as Head Coach. We have a lot of work to do but we finally have the tools to get that work done. We will continue to build on last year's team of six starting freshmen and we look to bring another ACC championship to Carolina this year when we host the ACC Tournament.

I can't say enough about the guys on this team from last year. While our new facility was being constructed, they trained all season in an empty truck depot out by the airport. Anyone who saw the facility understands the difficulty and inconvenience this caused. Holes in the walls, mice, bugs, filth, the need to transport water from another building, no bathrooms or showers, cold, several miles off campus.....not one guy complained, not one! This is a group that voluntarily trained for a week the summer before with a Navy Seal in the woods of a National Forest. This is a group I am very proud of and as a staff, we are all very excited about going to "war" with.

We are very young and inexperienced...but I sense this is going to be a very fun year.....

**OUR TOP TEN NATIONALLY RANKED CLASS**

Frank Abbondanza	NY State runner-up	197	Mt. Sinai, NY
Christian Barber	NJ State Champion	149	Westfield, NJ
Jake Barnhart	NY 3 <sup>rd</sup> Place	Hwt.	Penfield, NY
Nick Catalano	PA State runner-up	149	Canonsburg, PA
John Guzzo	injured (ranked 23 <sup>rd</sup> )	157	Wantage, NJ
Robert Henderson	Nat'l Preps Placer	149	New Florence, PA
Evan Henderson	Nat'l Prep Champion	141	New Florence, PA
John Michael Staudenmayer	PA State Champion	165	Plymouth Mtg. PA
Cameron Throckmorton	PA State Placer	133	Hanover, Pa
Alex Utley	OH State Champion	174	Homeworth, OH

TRANSFERS: (all from UNC-Greensboro)

Josh Craig	Chapel Hill, NC	125
Derek Golnar	Lowell, MA	157
Aaron Smith	Mooresville, NC	165

## **ALUMNI AND FRIENDS ANNUAL WEEKEND**

Well, we tried something different this year; a football and golf weekend. We had a great time. We didn't have as many golfers but that was expected. We had a ton of folks at the tailgate and over 60 people at the football game. Thanks to "Nick, Neil, and Michele", the barbeque was awesome! On Sunday morning, fans and alum watched Coach Kolat run an RTC practice in the new facility.

Our plan next Fall is to do two separate weekends: one for folks wanting to go see football and one for golfers. We will likely go back to Finley for golf and we will do it in October. For the football weekend, we will have a tailgate again at the Field House and next year include the entire team with us. We hope to be able to offer tickets in the new "Blue Zone" area for everyone who registers ahead of time.

We will get "save the date" info. out to everyone next Spring.

## **THE NEW WRESTLING FACILITY**

We moved into the new facility this summer; arguably, top 5 in the country. If you haven't been to the facility or seen pictures please go to [www.tarheelblue.com](http://www.tarheelblue.com) and take a look at our photo album. Like me, most of you reading this have no idea what it's like to actually have a locker room. This facility is by far one of the finest in the country and in addition to providing for our guys in the manner in which they deserve, it will serve our program by attracting some of the best talent in the country.

There are many people to thank for this. The final graphics are being done as this is being written, which will display all our All Americas on the walls over the mats around the room. At the main entrance, a plaque will be displayed in appreciation of our four major donors.

## **AUGUST NAVY SEAL CAMP IN WARREN, PA**

The entire team voluntarily met this summer once again with Navy Seal Thad Turner in the PA National Forest outside of Warren, PA for a week of "fun". Very few enjoyed it, but at the end of the week everyone was glad for the experience and needing some rest. Coaches are there for safety

reasons and only observe. Many life lessons are learned this week and we all consider it an invaluable experience.

### **UNC PIN POOL**

The pin pool raised almost \$12,000 for our program. This turned out to be one of the best fund raisers we have. Our goal is to raise \$20,000 this year but that is going to require more of you to be involved. We start the season next month and we hope to have many more of you on board by then. If you're not in, please come check us out at:

<http://www.wix.com/uncwrestling/pinpool> and get in.

### **THE OLYMPIC REGIONAL TRAINING CENTER**

We now have three residents training at the UNC RTC under Coach Kolat: Drew Headlee, Brandon Sinnott, and Will Rowe. Jack Jenson has left the program and accepted a position with the military training with the OTC in Colorado.

Will Rowe, originally from Texas but wrestled at Oklahoma University is a welcome addition to the RTC. Will's wife, Stevie, is here at UNC doing her residency with the medical school.

Will is not part of the TTi program. Due to difficulties in the economy, TTI has shut down one of the positions, so we will need to raise money to fund the third position. The RTC is a huge benefit to our program and a critical part of our future success; it is imperative that we keep this going.

### **CAROLINA WRESTLING ON FACEBOOK**

You are apparently way out of date if you are not on Facebook. So, UNC Wrestling has its own facebook page for fans. Wayne Stephenson has been administrating this for us and has volunteered to keep the page updated and current. We currently have over 1100 "likes" and our goal this year is to get to 5,000 – so WE NEED YOUR HELP! Please go to the link and click you "like" us:

<http://www.facebook.com/home.php?#!/pages/Carolina-Wrestling/19182141492?ref=ts>

## **TOMMY GORRY SPEAKS TO UNC WRESTLING TEAM**

If you didn't see it on Tar Heel Blue or [www.UNCWrestling.com](http://www.UNCWrestling.com) , here is the link on Tommy Gorry: <http://uncwrestling.com/?p=821> .

Brigadier General Thomas A. Gorry was recognized at halftime at the Rutgers football game. Just prior to that, Tommy spoke to the UNC wrestling team in the new wrestling room. Also present, Tommy's teammate at UNC, Bobby Shriner. Pictures will be up on the website this week and those of you who knew Tommy will be shocked. He gave a very motivational and inspirational speech to the wrestlers, much of it focused on how every guy can have a purpose and make a difference. We are all very proud of what Tommy has accomplished, and more importantly, who he is as a person.

We look forward to seeing more of Tommy now that he is stationed nearby in Camp Lajeune.

## **THE WHITE JACKET CLUB**

The "White Jacket Club" is an exclusive group of donors who have given or pledged to give a minimum of \$5,000 to UNC Wrestling. These members will receive a custom ordered white jacket that sets them apart and establishes them as significant contributors to our program. This "club" was started last year and we currently have 13 members, many of whom were seen wearing jackets at the 2011 NCAA tournament.

## **TENTATIVE SCHEDULE:**

As you can see below, we have perhaps the toughest schedule we have ever had this year. The new qualifier dictates we get our guys good competition. Please note: we are hosting the ACC Championships this year. Nick Bennett has volunteered to organize hotel arrangements for parents and fans who wish to attend our away events. Email Nick if you wish to be included: [nick47827@aol.com](mailto:nick47827@aol.com).

**NORTH CAROLINA WRESTLING: 2011 - 2012 SCHEDULE**

<b><u>DATE</u></b>	<b><u>DAY</u></b>	<b><u>OPPONENT</u></b>	<b><u>SITE</u></b>	<b><u>TIME</u></b>
Nov. 6	Sun.	Hokie Open	Salem, VA	All Day
Nov. 12	Sat	Hershey Duals	Hershey, PA Illinois Ohio State Boston Nebraska	All Day
Nov. 26	Sat	NE Duals	New York Lehigh U. of Penn Rutgers	All Day
Dec. 2-3	Fr-Sat	Cliff Keen	Las Vegas, NV	All Day
Jan 1-2	Sun-Mon	Southern Scuffle	Chattanooga, TN	All Day
Jan. 9	Mon	Duke	Chapel Hill	7pm
Jan.13-14	F/Sat.	Virginia Duals	Hampton, VA	All Day
Jan. 21	Sat	Virginia	Charlottesville, VA	TBA
Jan. 22	Sun	Virginia Tech	Blacksburg, VA	2pm
Jan. 27	Fri.	Maryland	Chapel Hill	7pm
Jan. 28	Sat	Navy	Chapel Hill	1pm
Feb. 3	Fri	NC State	Raleigh, NC	7pm
Feb. 11	Sat.	Campbell Duals	Buies Creek, NC Northwestern Campbell	10am 2pm
Feb. 19	Sun	Ohio Citadel	Charleston, SC	Noon 3pm
March 3	Sat	ACC Championships	Chapel Hill, NC	

## **UNCWRESTLING.COM**

Although this website is no longer managed by us, Carter Mario has agreed to acquire it and keep it going for alumni and fans. There should be no difference between this website and what is on our page at:

[www.Tarheelblue.com](http://www.Tarheelblue.com) , as to content so feel free to use either site to keep track of us.

## **WHAT CAN YOU DO FOR US RIGHT NOW TO HELP?:**

- 1)** Please inform us if your email changes. Also, many of you keep in touch with former teammates; please make sure they are receiving our updates and communications by sending us current email addresses.
- 2)** Go to our Facebook page above and click that you “like” it.
- 3)** Please join our club (below). These funds are imperative to supplementing our operating budget shortfalls as well as helping with the Olympic Regional Training Center and club program.
- 4)** Make a pledge to the pin pool. You can pledge as little as \$5 per pin; last year, your total contribution would have been \$100, and it is all tax deductible.

Please print and tear off the form below and return it to us with your current email address written clearly so we can update our mailing list.

All gear for 2011-2012 Season is **NEW** and **redesigned** from last year.

## CAROLINA WRESTLING CLUB

### MEMBERSHIP LEVELS & GIFTS

- \_\_\_\_\_ Half Nelson (\$50 - \$99)  
Carolina Wrestling T-shirt
- \_\_\_\_\_ Take Down (\$100 - \$249)  
Carolina Wrestling Leisure Top Pullover
- \_\_\_\_\_ Near Fall (\$250 - \$499)  
Fleece Top with Carolina Wrestling Logo
- \_\_\_\_\_ Tech Fall (\$500 - \$999)  
Official Carolina Wrestling Complete Warm-Up
- \_\_\_\_\_ Pin (\$1,000 and up)  
Carolina Wrestling winter jacket or one of each item above

Please accept my tax-deductible contribution in the amount of \$\_\_\_\_\_ for the Carolina Wrestling Club. (The first \$25 constitutes your club membership dues and is not tax-deductible.) A receipt will be mailed to you for tax purposes.

Please let us know if you would prefer NOT to have your name printed in the Wrestling Program as a contributor.

**Name:**

\_\_\_\_\_

**Address:**

\_\_\_\_\_

\_\_\_\_\_

**Shirt Size:** \_\_\_\_\_

**Email:** \_\_\_\_\_

Checks made payable to "[Carolina Wrestling Club, Inc.](#)".

**THANK YOU!**

**Mail to: Carolina Wrestling, PO Box 2126, Chapel Hill, NC 27515**