



STEVENS WRESTLING

NEWSLETTER 1 OF 3

STEVENS INSTITUTE OF TECHNOLOGY, HOBOKEN, NJ

2008-09 Home Events

10/22 Intersquad 8pm

11/01 Roger Williams 2pm

at Premier Club in Saddle Brook

11/09 Yeshiva 3pm

01/10 Elizabethtown 1pm

01/17 Del Val & Kings 12pm

01/24 M'berg, Urs, MM 10am

Complete schedule online at:

www.StevensDucks.com

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FRIO CHIROPRACTIC

131 Washington St Hoboken, NJ 201.795.5492 Dr. Dominic J. Frio Please mention Stevens Wrestling!

The Championship Training Log for wrestling @

Session6wrestling.com

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Outlook 2008-09: 9 of 10 Starters Return for Ducks!

After losing only one starter from last year's team that finished 23rd at the NCAA Tournament, the Ducks could be looking at something pretty special this season!

Last year's 10-2 regular season record equaled Stevens best winning season in school history. This year's team will face over 20 dual meet opponents including NCAA Division I foe, Sacred Heart as well as several schools ranked nationally at the Division III level.

Look for new recruits to step on the scene as well this year. We have 26 team members (up from 17 last season) that include not only talented youngsters but some old faces from around campus that could step back in the room and make a positive impact in the line-up.



Val Riazanov, Sr - 197 Pounder

Above, Wrestlers push 45# plates through sand. This workout develops quads, hamstrings and core-body.

Mike Clayton
Head Coach
Stevens Wrestling
MClayton@Stevens.edu
Cell: 862.754.2743

Early-Season Training Steps it Up!

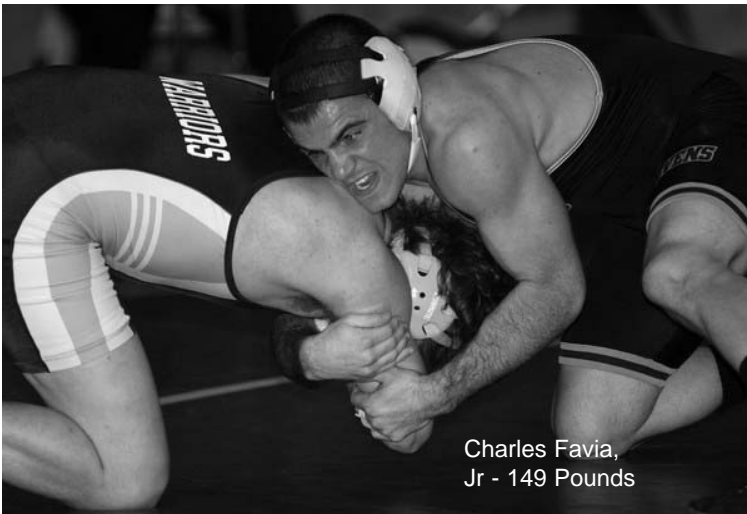
Ducks out of water? Not this year. The Ducks picked up some great new workouts including a Navy Seal Training workout from Coach Clayton's college teammate, Jake Zweig.

Jake was a Washington State Wrestling Champion and spent four years with the Navy Seals. He has helped with Stevens Summer Wrestling Camps and clinics.

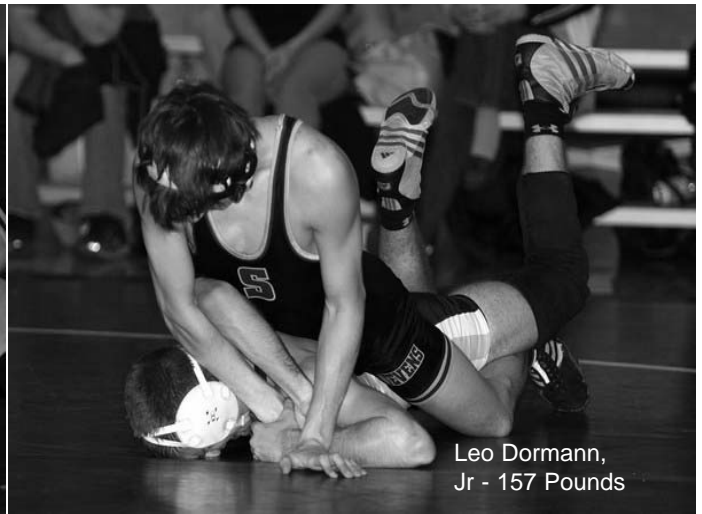


Pat Hunt, Fr - 125 Pounds

Wrestlers had a taste of Navy Seal training with resistance swims.



Charles Favia,
Jr - 149 Pounds



Leo Dormann,
Jr - 157 Pounds

Donations and Fundraising Info

We have several projects underway that require dedicated wrestling supporters! Projects include our new wrestling locker room and wrestling room expansion slated for July 2009.

Donations made to Stevens can be earmarked for the Stevens Wrestling Program! Please see if you company matches donations.

Donated funds help us achieve the margin of excellence needed to develop our wrestlers and win championships!

Please consider contributing to:
Stevens Wrestling Fund
1 Castle Point Terrace
Hoboken, NJ 07030.

Please write "wrestling donation" in the memo line

Wrestler Designs & Builds "Giants"



Jordan Chacon,
Sr - 174 Pounds

Jordan Chacon (Sr - 174 Pounds) works through an internship program on the new Meadowlands Stadium (home of the NY Giants football team) as an assistant project engineer for Skanska USA.

A Hackensack, NJ native, Jordan's duties involve facilitating all engineering and project management programs. As part of the engineering team he gets to see and monitor the construction from initial design through coordination and installation first hand and on site.

Being part of a billion dollar job, he has been involved in almost every aspect of the structure from piles and foundations up through structural steel and has also been responsible for some smaller specialty trades. Jordan said, "Being able to apply the hard work, discipline, and dedication learned in the wrestling room at Stevens helped me get the job and excel on the job!"



Pat Conrad,
Sr - 141



Stevens Wrestling Trivia Quiz

Can you name the two Athletic Directors that brought wrestling back to Stevens?

Answer:

Buzz Seymore in 1977 and Russ Rogers in 2003.

Stevens Wrestling Camps Hit it Big in 2008!

Stevens Institute of Technology hosted its first ever summer wrestling camps this past July. The camps were a huge success hosting over 50 wrestlers from 6 different states.

Campers participated in technique covered by many of the top coaches and wrestlers from all over the nation. Along with over 6 hours of daily training, campers studied film, watched movies, swam and enjoyed time on a Spirit of NJ,

lunch cruise around New York Harbour and the Statue of Liberty.

Coach Clayton said, "All of the campers got the chance to see what life is like as a college wrestler."

The camp is getting great reviews from campers and coaches, including Rutgers Prep Assistant Coach Mike Epps saying, "The Stevens Wrestling Camps started off with a bang! There were great clinicians, including Dave Mills and Jake Zweig, students, and there is a great YouTube video from the camp itself."

2008 Fall Wrestling Clinic Set for Nov 2nd

Stevens Institute of Technology will host its 2nd Annual Hudson River Fall Wrestling Clinic (for wrestlers and coaches) on Sunday, November 2nd from 10am to 3pm in the Stevens Wrestling Room in Schaefer Gymnasium.

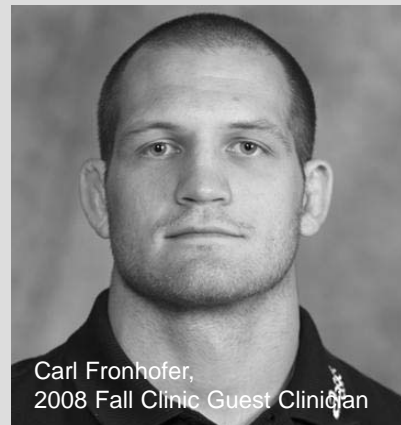
Last year's clinic was a great success with over 50 coaches and wrestlers in attendance. This year, along with the Stevens coaching staff and team members, 2003 NCAA Finalist Carl Fronhofer will be showing technique.

Carl had been a coach at the University of Pittsburgh, Bloomsburg University and now assists at Columbia University. He had earned All-American honors in three styles of wrestling.

Proceeds from the clinic will go to help send the Ducks to Lauderdale, FL this December to compete in the 2008 Florida Citrus Duals.

Flyers are available at www.StevensDucks.com under "Wrestling"

For info, call 201.216.8090 or email MClayton@Stevens.edu



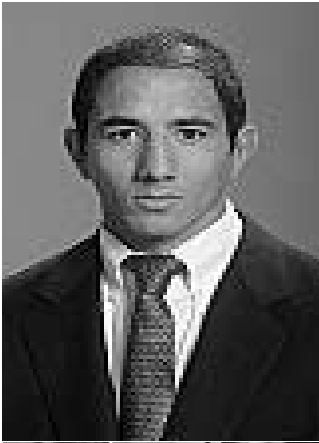
Carl Fronhofer,
2008 Fall Clinic Guest Clinician



2008 Stevens Summer Wrestling Campers



Campers on the Spirit of NJ
tour of NY Harbour



Go Ducks!

University of Iowa Graduate Joins Wrestling Staff

Dan Song comes to Stevens after graduating from the University of Iowa in July of 2008 with a B.A. in Psychology. Prior to Iowa, Song attended the United States Merchant Marine academy where he was an NCAA Division III All-American.

Song has a wealth of personal experience in wrestling. He was a senior team captain for the USMMA and also was a member of the dominant Hawkeye Wrestling Club in Iowa City, Iowa. Collegiately, Song was three-time conference champion and national qualifier.

In addition to competing with the Hawkeye Wrestling Club, Song was the Facility Manager of the Dan Gable Wrestling Complex from 2006-08. During that time, Song trained under Olympic Gold Medal coaches Dan Gable, Tom Brands and Randy Lewis as he competed nationally and internationally in Freestyle for the club.

“I’ve known Danny and worked with him for several years and can’t think of a better fit for the style of wrestling we are practicing here at Stevens,” Clayton said.



Since 1870 - Stevens Institute of Technology



Road Tripping

On August 10th, Mark Bistis (Sr - 133 pounds) and three of his buddies drove 2100 miles through ten states into Montana. Mark, a native of Readington, NJ frequents the Raritan River in NJ (just over an hour from Stevens) for fly-fishing.

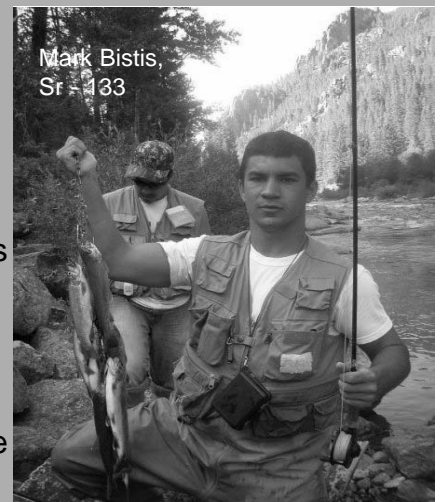
Mark said, “The 36 hour drive was inconvenient but the reward was extremely satisfying.” Fly fishing in New Jersey consisted of driving to the Raritan River and catching 6-8 fish on a good day. The group stayed in Bozeman, MT. for six nights, and Mark caught over 250 trout. “Never in my life have I experienced such an abundance of fish.”

While in Montana the group fished on many of the worlds most plentiful trout streams including the Gallatin, Madison, Yellowstone, Bighorn, and Spring creek.

Due to the mild summer, the young men had the chance to see some very cool wildlife that ventured into the valley including: moose, antelope, elk, and black bear. (Make sure you bring bear mace wherever you go in bear country!)

Although Montana was their favorite part of the trip, they visited places like Mt. Rushmore, The Badlands National Park, and Sturgis, SD (which is the biker capital of the world).

Other places they visited were Yellowstone National Park, University of Wisconsin, Chicago, and the College Football Hall of Fame at Notre Dame.





Considering Stevens? For more information, please fill out the questionnaire on the other side of this page and return it to: Stevens Wrestling, 1 Castle Point Terrace, Hoboken, NJ 07030

www.StevensDucks.com

Stevens Wrestling

Are you considering Stevens? Please fill out and return this wrestling prospect form: (please print)

Last Name _____ First Name _____

Home Address _____ City _____ ST _____ Zip _____

Home Phone _____ Cell Phone _____

Email: _____ Date & Year of Graduation _____

High School GPA _____ SAT Scores: Crit Reading _____, Math _____

Recommend 600+ in Math and 600+ in Crit Reading

High School: _____ City _____ ST _____ Zip _____

Coaches Name _____ Coaches Cell _____

Coaches Email _____

Wrestling Accomplishments _____

State Place/Qual: Fresh _____ Soph _____ Junior _____ Senior _____

Record _____ Outstanding Opponents _____ W/L _____

Score

Height _____ Weight Class _____

Interest Level in Stevens: (please circle one)

TOP CHOICE TOP 3 Considering

Other Schools of Interest:

I authorize the release of my high school transcripts:

_____ signature

Please return to: Stevens Wrestling
1 Castle Point Terrace, Hoboken, NJ 07030



Free online application at www.Stevens.edu or call for a campus visit!