

EMERALD Sports

Winning Rooks To Meet Frosh

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Duck Tracks

By Chuck Mitchelmore
Emerald Co-Sports Editor

College wrestlers probably lead a more unusual life during their season than do any other athletes. A wrestler once told us that his sport is the world's second most intellectual (only fencing, he claimed, requires more brainpower), but it wasn't until we learned of the strenuous weight reduction plans of these boys that we became inclined to agree.

In gathering a few of the harrowing details, we were invited by one of the wrestlers to "come along down the tube with us. It's really a sensation."

However, after having watched some of these boys systematically starve themselves for four or five days out of the week, we suddenly lost courage.

Light Weights Difficult

The bigger men, we're told, aren't bothered too much by the scales which loom like the last judgment each week. However, the lighter boys have to slim off about five or ten pounds before each match.

Each bracket represents the maximum weight that a wrestler may be to compete in that division. Anyone under 123 pounds may wrestle in any weight class up to, and through, unlimited. But when a man weighs in officially at 124, he must move on up to the 130-pound division or higher to wrestle that day.

Exceptions are sometimes made in agreements between coaches if both teams have men overweight, but no man may wrestle in conference matches if he is even an ounce or two over.

Some of the methods employed by the wrestlers in meeting the scales five hours before their match probably wouldn't appear very attractive to figure-watching co-eds, but they usually bring results for the matmen.

The men figure on a two-to-three-pound loss each day between the weigh-ins before and after each workout. Running laps and taking extra workouts also helps cut the figure.

Meals Varied

Of course the diet is trimmed in accordance with other parts of the reduction plan. Typical meals range from very light (a piece of toast or well-done hamburger) to nothing at all. Liquids, with the exception of an occasional glass of juice, are eliminated from the menu almost entirely.

When these standard procedures fail to net enough loss, wrestlers may go hours without sleep (even more than final week), chew hard candy or huge wads of gum and spit as much as possible. These little things may total an extra pound in the final analysis.

Just before the weigh-in, the men fight of last minute gains in weight with vigorous rope jumping sessions and periods in the steam baths.

Cycle Begins Again

But the big relief comes after the match, when these masters of will power can eat normally for a couple days before the whole cycle begins again.

Incidentally the more successful team of Oregon's most intellectual athletes (to our knowledge the Webfoots sponsor no intercollegiate fencing squad) makes its final appearance Saturday afternoon in Mac Court. The Duck Frosh, unbeaten in college competition this season take on the Portland YMCA at one o'clock in the year's final home wrestling match for either squad.

By Jack Wilson
Emerald Sports Writer

The Oregon Frosh will try to sever a 23-game winning skein when they take on the Oregon State college Rooks tonight and tomorrow at 5:45. Friday's game is scheduled for Gill coliseum in Corvallis, and the Ducklings and Rooks will close their 15-game season Saturday night in McArthur court.

Both games precede the Duck-Beaver varsity clashes.

The OSC youngsters haven't been whipped since early last season, and they picked up their thirteenth of this season in their usual manner on Tuesday.

Their "usual manner" consists of Forward Dave Gambee sailing in nearly half the Rook total. The big boy hit for 25 in leading his mates to Tuesday's 54-38 win over North Salem high.

In addition to the agile Gambee, whose 252 points leads the team, the Rooks have another addition to the varsity's collection of cloud scrapers in 6'8" Wayne Moss, who collected 17 points in the first Oregon-OSC freshman encounter.

With Ken Nanson handling the

other forward job and Gordy Carrigan and Gary Haynes in backcourt, the Rooks have a well-balanced scoring machine that the Ducklings have found hard to stop.

The Frosh, however, can counter with an equally potent starting crew. To match Gambee's high-scoring habits, the Ducklings have hook-shooting Paul Tucharth, who has 216 points for a 16.6 average.

Moss will get most of his competition for rebounds from huge Hal Duffy, 6'6" center. At the other forward, Dave Wanaka has finally found his shooting eye, and he hit for 43 in the last two-game weekend series.

Coaches Alex Byler and Barney Holland, substituting for Don Kirsch while the regular mentor puts his varsity baseball charges through their pre-season workouts, have little to choose between three top guards. Wimp Hastings, Bob Ayre and Wendy Razor have all proved their abilities to score and play aggressively on defense.

Two Oregon wins would give the Ducklings an 8-7 season's record.

A Campus-to-Career Case History



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