

## Taylor — Coach of the Year

### Collegiate Wrestling at its best, Braves finish 5th in nation

By JACK GOLDBERG

The weekend of February 19-20, the Chowan Braves traveled to Bismark, North Dakota to participate in NJCAA national tournament. Heavyweight Melvin "Bull" Crosby wrestled his way to the national championship in his weight division. This is only the second time in Chowan's history to ever have an individual champion.

The Braves garnered five All-Americans led by Crosby, at 190 lbs., John Reynolds, who finished in 5th place, 165 lbs., Joe Hawkins in 5th place, 165 lbs., Tyrone Goins, 4th place, 118 lbs., Stockton Williams, 4th place. The total of five All-Americans is the highest ever achieved by a Chowan wrestling squad and the highest finish ever in the nationals.

Individually, there were superlative performances turned in by this year's squad, wrestling at 118, Stockton Williams finished 32-6-2; 134, Victor Balmaceda 22-10-1; 158, Tyrone Talbert 25-12; 167, Joe Hawkins, 26-2; 190, John Reynolds, 31-3, Melvin Crosby who finished 33-1. On his heavyweight Crosby, who has compiled a

60-8 record during his 2 years at Chowan including a national runner-up performance last year and this year's national champion, Taylor had these comments, "Melvin is the best heavyweight I've ever seen in all my days as either a competitor or a coach. His combination of muscle and quickness give him the ingredients to become a national champion."

#### Mid-Atlantic Regionals

Sunday, February 11, the Braves participated in the Mid-Atlantic Regionals on the campus of Wilkes Community College in Wilkesboro, NC. The Braves proved their undefeated season was no fluke, winning the Mid-Atlantic Districts, defeating the no. 3 team in the nation, Middlesex Community in head to head competition. Chowan's big four, Williams, Reynolds, Crosby, and Joe Hawkins all wrestled to individual championships in their weight classes. Tyrone Goins, and Tyrone Talbert, both finished second, and Alan Hackman finished third. The Braves sent its largest contingent of 7 to the national tournament.

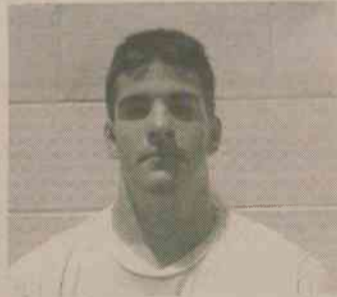
The Championship, was the first for Chowan in its 20 year history while Taylor was named Coach of the Year in the Mid-Atlantic, which encompasses the entire east coast. Athletic Director Jim Garrison, when asked about this year's program, commented, "these guys are not only competitive but good students as well. With their performance in the nationals, they've already proven to me and the school that they're winners. This season they've already taken on and beaten some of the finest programs the U.S. has to offer and that, my friend, speaks for itself."

The Chowan Braves' wrestling squad set several new team records en route to a prestigious victory in the Longwood Duals held in Farmville, VA. Chowan defeated district foe, Wilkes Community College, for the third time this year, 38-10, to advance into the second round where they faced Newport News Apprentice School. The Shipbuilders were no match for the Braves, and Chowan soundly thrashed them, 45-6. The championship found the Braves across the mat from Pembroke

State, a nationally ranked power in Division II who Chowan outpointed earlier this season, 69-64, to win the Newport News Invitational. In what has been a trademark this season, the Braves "never give up attitude" enabled them, after two ties in earlier weight classes, to sweep the upper weights led by All-American Melvin "Bull" Crosby's pin in the final match to defeat Pembroke State, 23-17. With the victory, the Braves conclude the regular season undefeated with an outstanding 17-0-2 record, ranked No. 4 in the nation their highest finish ever. The undefeated season is only the second time in Chowan's 18 year history of competitive wrestling that a team in Chowan blue has gone through a season unbeaten, the first since 1980. Head Coach Jody Taylor, in only 3 years, has established a new career record for overall victories. The previous record, which stood for 10 years, was set by former coach Steve Nelson from 1975-1980 was 40-30-0. Under Taylor's guidance, the Braves have carved out an exemplary 42-6-1 record to establish a new standard of excellence.



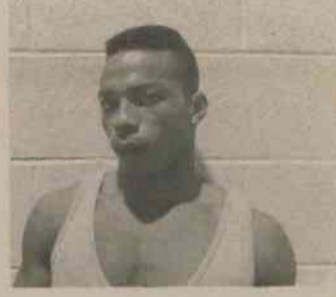
Melvin Crosby



John Reynolds



Joe Hawkins



Stockton Williams

## Casmus chosen Olympic festival trainer

Bob Casmus, a "trainer for all seasons" at Chowan, has been invited to serve as a trainer for the upcoming 1990 Olympic Sports Festival. The event is slated for July 6-15 in Minneapolis and St. Paul, Minnesota.

Casmus' selection came from the U. S. Olympic Committee and it was one of only 30 extended nationwide to take part in this prestigious event. The festival is one of the nation's premier sporting events.

Since becoming head trainer at Chowan College five years ago, Bob Casmus has probably taped over 5,000 ankles and has put in as many as 80 hours per week during the football season. During the athletic seasons at Chowan, he is one young man who just seems to be everywhere. In the fall, he can be found on the football field and volleyball court. In the winter, it's the Jesse Helms Center tending to the needs of the basketball program and wrestling program.

The spring will find him on the baseball and softball diamonds and just for good measure, he runs a very successful Pre-Athletic Trainers Program. This program

has grown from six students in 1985, to 17 students this past year.

"The student trainers are an integral and vital part of the athletic program at Chowan. They are very instrumental in assisting me to care for and rehabilitate athletic injuries," states Casmus.

Speaking to a group of students recently about his volunteer work on the Murfreesboro Rescue Squad, Casmus stated, "I really feel confident about handling whatever injuries may occur on the field and in the course of my work with the rescue squad. I like helping people."

About his work in the athletic department at Chowan, Casmus explains, "I have a great opportunity to be associated with fine people and coaches such as Garrison, Hawkins, and Surface. I enjoy being a part of the action and helping to make the difference between winning and losing. It's a lot of fun helping to educate and guide students in the Pre-Athletic Training Program, as they are the future of Sports Medicine."

The future of Sports Medicine is certainly safe in the hands of Bob Casmus.



Bob Casmus trains future athletic trainers on the techniques of sports medicine.