

Viking Wrestlers CIAA Champs

By James Finch

ECSU's Viking Grapplers were denied the opportunity to claim the CIAA crown last year but they more than made up for it this year. With sweeping victories in nearly every weight-class, the Vikings brought the first place team trophy home. This was the fourth time in five years that the Vikings have been the CIAA champs. After the semi-finals the fighting Vikings had out distanced every other team in the tournament to the extent that the first place trophy was out of reach of any of the other schools.

The Central Intercollegiate Athletic Association tourney was held at Virginia State College, in Petersburg, Virginia. Virginia State, the hosting team, trailed the Vikings with a distant 59 points to ECSU's 82½ points. Livingsone finished third with 55 points followed by Norfolk State and Winston-Salem State with 45 and 29½ points respectively.

Coach Thurlis Little entered the tournament with high expectations. All but three of Coach Little's wrestlers were seated either first or second in the tourney.

Raymond Morgan 167-pound, the team's captain, was one of Coach Little's wrestlers not seated in the tourney. Raymond had to wrestle into the tourney from a pigtail bracket. Morgan, showing great determination, came all the way from the

bottom to defeat the tourney's top seated wrestler, he missed being the Most Outstanding Wrestler Award by a single vote to Virginia State's Charles Isler.

Greg "Cisco Kid" Muir, the team's only senior, successfully defended his championship against all contenders in the 134-pound division.

Lazarus Simmons, a very strong, quick and aggressive wrestler, magnificently defended his crown against all contenders, pinning all of his opponents in the first few minutes of each match. Simmons, known as the "Butterfly" had the Most Falls Trophy swept away by fate. While making the pin that would have given him the trophy, Simmons' opponent was injured, defaulting the match.

The freshmen members of the Viking team did exceptionally well in their first college conference tourney. Granville Barnes (142-pounds), Michael Davis (167-pounds), William Hassell (190-pounds), Peter Horton (118-pounds) and Allen Covington (unlimited) finished second. Horton and Covington are Sophomores. Hassell and Covington defaulted to their opponents after receiving injuries.

Coach Little believes that there was an excellent chance that they would have taken the championship in their class divisions if they had been able to wrestle.

University Pep Band Is Organized

By Wendell Parks

For the first time in recent year, a Pep Band was organized on the Elizabeth City State University campus.

The primary function of the Pep Band is to entertain and to sparkle the Elizabeth City State University Vikings' basketball team to victory. By thrilling the homecrowd the Pep Band showed some of their outstanding performance during the semester. While still developing, it is hoped that in the future the Pep Band will become a permanent and real asset to the Viking family.

Temporary plans for starting a Pep Band was initiated in the past. Today it is a reality that something was done to raised the esteem of the basektball team as well as the Viking family with the help of Coach Robert Vaughan and Mr. Charles Finley an Instructor in the Music Department.

The responsibility of

directing, finding the personnel, and putting it all together was the task of Wendell A. Parks and Theresa Conroy, two junior Music Education majors from Accomac and Portsmouth, Virginia. They serve as director and assistant director.

Members of the Pep Band for the 1975-76 school year are: James Holmes, Garrett Hill, John Ward, Omega Robinson, Charles Lucas, George Carter, Carlton Cheek, David Oliver, Anton Wesley, Stanley Marshmon, Robert Backus, Theresa Conroy, Wendell Parks, Marcus McLaughlin, William Mills, William Johnson, James Gardner, Willie Jones, and David Bigby.

All the members of the Pep Band made outstanding contributions during the season. We will only mention a few that have really been an asset and they are:

Robert Backus, a senior Art Education major from

Edenton, N. C. who took time out from student teaching to give the band some of his trombone's special. Even though Backus isn't a music major, he is one of the most talented musicians to matriculate at ECSU.

Besides being a music major, Theresa Conroy plays the tuba and adds bass to the many selections played by the Pep Band.

Last but not least, we have one of the best CIAA cymbal players who is William S. Mills. Mills is a junior Business Administration major from High Point, N. C. He has been and still is an asset to the Pep Band because he can spin and twirl the cymbals while still pleasing the homecrowd.

The Pep Band members are proud of their achievements for this semester. They performed at all of the home basketball games and once at the Hampton Road's Coliseum in Hampton, Virginia.



The 1976 edition of the ECSU Wrestling Team. First row: (left to right) James Finch, Granville Barnes, Greg Muir, Donald Farmer, Keith Mitchell, Pete Horton. Second row: Coach Thurlis Little, Allen Covington, William Hassell, Lazarus Simmons, Raymond Morgan, Mike Davis, Plummer Seward. (Photo By James Finch)



Led by Greg Muir, who defended his 134 lb. championship, three Viking grapplers came away from the CIAA championships held recently with the distinction of being number one in their weight class in the entire CIAA. Pictured above are the champions: from the left, Captian Raymond Morgan, Muir, and Lazarus Simmons. (Photo By James Finch)

Americans ate about 1.2 per cent less food in 1975 than in 1974.

Wrestling Is Misunderstood Sport

On the collegiate athletic scene wrestling is one of the least recognized sports.

Unlike football and basketball players usually very easily recognized by their bulk and height, wrestlers, because of the sports weight classifications, are not physically discernable from the rest of the student body. The characteristics that distinguish wrestlers from the mass aren't that easily noticed.

Wrestling is a discipline, requiring a stringent adherence to rules that affect the daily lives of the sport's participants. Dedication and desire are the prime attributes of a wrestler. One of the most disliked things about the sport is its starvation diet. Courage and individualism are two more important attributes. A wrestler, although he belongs to a team, is alone when he engages in competition. He can not be taken out of the game if he is psychologically or physically unprepared for the contest or ask the coach for instructions. He must face

the agony of defeat alone since there are no teammates to overshadow the mistakes that cost him his loss.

Intelligence is also one of the essential characteristics of a restler. Coaches are incessantly trying to drill into their teams the importance of wrestling "smart" rather than using "strength moves".

Wrestling requires a special kind of muscle toning. Weightlifting is not essential for a wrestling team. Wrestlers must have conditioned and not brute strength. To develop this running, reaction and speed drills and exercises in which wrestlers lift their own weight and their partners are used.

Wrestling receives its due recognition only in the west and midwestern colleges. However, it is growing in popularity all over the country. In popularity, it can not be ranked with football or basketball or baseball, but in the things that make a sport a challenge it can be ranked with any sport.