

**WSSU Wrestling**

# A Growing Sport

Have you ever stopped to take a good look at wrestling and to consider what it involves? An informal meeting with Coach Jim Price resulted in a clearer insight into this sport which is growing in interest on campus.

To appreciate wrestling, an individual must understand what it involves and the unusual demands it requires of the wrestler. Individuals must be in very good physical condition which is achieved by consistently working out with the team and individually. Because weight is a very important factor in this sport, individuals must be careful about the foods they eat. Liquids constitute most of the body's weight, therefore the wrestler must be extremely careful about consuming them. Price stated that the athletic department has a Sonar which is used to help get weight down. This is a dry heat process which takes water out of the body.

Hard work is the second factor that is very important. Work-outs include muscle-building exercises, running and perfecting of wrestling skills. Individuals must work out consistently, because getting into shape is much harder than getting out of shape.

A great factor sometimes overlooked by sports fans is the mental concentration needed in order to wrestle and hopefully to win. Although it is a team sport, it requires each man to have specific skills and mechanics because when he is out on the mat, the only other person out there is his opponent.

Commenting on how techniques are perfected, Price stated that "Techniques are taught during practice, however a lot of skill is gotten during high school." Price is assisted by Larry Dunlap who is a former wrestler of WSSU. He added that Dunlap has done a very beautiful job of teaching techniques and helping the guys on the team.

When Price was asked to comment on participation in the program, he stated that there was very good participation in the sport

considering it is a non-scholarship program. He feels however, that the program has grown and that it will continue to grow and that its popularity will increase.

The 76-77 season began November 19 when the team went to A&T for the preseason wrestling tournament. Johnny Coles who wrestles in the unlimited weight class won.

There are ten weight classes in wrestling. They are as follows: 118, 126, 134, 142, 150, 158, 167, 177, 190, and heavyweight. Each team member selects the class according to his weight. He may choose to drop down one class whenever he feels that it is to his advantage. This occurs most often during tournaments.

"The team did a real good job at the CIAA tournament. We didn't have a full team, yet we were able to take third place. We ended with

more points per person than any other team."

Team members who won championships were Kenneth Allen (142), Reginald Sherard (150), and Terry Jackson (Heavyweight). All these clinched firstplace titles in the conference.

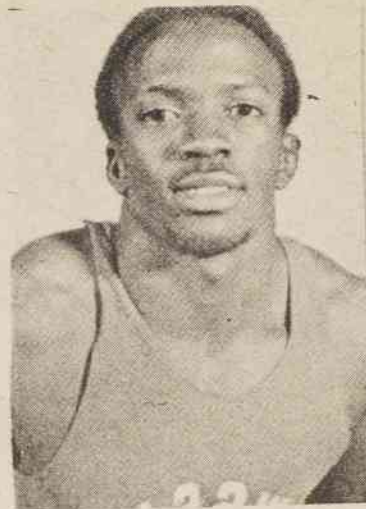
Price says the team will probably be real strong next year because everyone is returning. He said the team left with a feeling that they can win next year's championship.

When asked about the popularity of wrestling on campus, Price said, wrestling is growing in popularity on campus. There were over 300 people at the last home match.

In summarizing, Price stated, "It was a great improvement from last year. The team finished in 3rd place in the conference meet and this in itself tells how much the team has progressed.

Price has been on the staff for two years. Prior to coming here, he coached for two years at the N.C. Advancement School. Price said he definitely enjoys coaching wrestling. He also said he hopes that in the near future, wrestlers can be recruited and that interest in this sport will continue to grow.

Janet Brower



REGINALD SHERARD

## Outstanding Athlete

"Sound in body and mind" may be one way of describing Reginald Sherard, who is one of WSSU's outstanding athletes. Sherard is a junior biology major from Goldsboro, N.C., and contrary to the stigma often attached to athletes, he is an honor student.

Sherard's interest in wrestling began in high school, but believe it or not he started out with intentions of playing basketball. He was forced to give this up, however because as he stated, "My hamstring (main leg muscle) started giving me trouble." Sherard's basketball coach was also the wrestling coach, so he talked Sherard into going out for wrestling. His high school wrestling career can be described in only one way -- GREAT! Sherard's overall

See ATHLETE, page 8

### Wrestling Rams

	Weight Class
John Corothers	134
Kenneth Allen	142
Reginald Sherard	150
James Meadows	158
Willie Bailey	167
Ralph Howard	177
Melvin Woods	190
John Coles	Heavyweight
Terry Jackson	Heavyweight

Get Ready For Finals Now!

## Don't Get Hung Up On Exams

[Part I]

"Depend on it, sir, when a man knows he is to be hanged in a fortnight, it concentrates his mind wonderfully."

Samuel Johnson might well have been talking to students about pre-examination time and that gnawing feeling of foreboding! Examinations can concentrate one's mind wonderfully, but in a positive, practical manner that will not only increase your learning potential but help your performance.

The key to both success in exams and enjoyment of college work lies in the ability to use time wisely. A pattern of good study habits begins as the term begins, but nowhere do you need them more than at examination time. You will be able to

handle exams with a minimum of stress if you observe these six suggested steps:

1. Make a term study plan
2. Use good review techniques
3. Develop a confident attitude
4. Organize pre-exam hours
5. Pace the exam carefully
6. Reassess your work

### MAKE A TERM STUDY PLAN

At the beginning of each term develop a daily schedule. Allocate time for class preparation, study, review, recreation, eating and sleeping.

A study area is important. Have on hand the texts, study guides, outlines, dictionaries and reference books, paper, pads, notebooks, that will allow you to

concentrate without interruption.

Study and review differ from each other. Study refers to learning something for the first time. Review is critical because it strengthens your retention of this new knowledge by viewing it as part of a whole.

Forgetting takes place most rapidly right after learning. Review and recall, therefore, are more effective soon after study. After each class go over the main points for ten to fifteen minutes to reinforce them in your mind.

Don't overtax your memory or stamina. Research shows that most people can absorb and retain just so much knowledge at one time. It's important to study day by day, week by week. Each period of study should be no longer than one or one

and a half hours, followed by recreation.

Take legible class and study notes. Throughout the term underline your textbooks and make pertinent notes in the margins.

### USE GOOD REVIEW TECHNIQUES

Preparing for exams is largely a question of review. The time needed is not as extensive as some students think, provided you have been consistent in your work. You should be able to review for weekly quizzes in more than fifteen minutes, for a mid-term hour exam in two to three hours, and for a final exam in five to eight hours.

Your preparation for a final exam should be carefully scheduled into the two weeks prior to exam day.

Organize a plan that does not interfere with your regular study for on-going classes.

Plan your review systematically. Use textbook chapter headings or your instructor's outline as guides. Go from chapter notes to class notes, recalling important headings and ideas. If some points are unclear, THEN reread the textbook. Don't plan to learn something for the first time.

Making summary notes is helpful. In four to eight pages, outline the main points of your detailed class and text notes. This helps reinforce the major ideas and important details.

Summary notes can also serve as a self-test toward the end of your preparation for exams. Put a sheet over each page and slowly uncover the first heading.