

Thomas Lancaster has Cougars all tied up. (Photo by Kent Murray)

Jayvees Go Undefeated

The RMSH Junior Varsity basketball team has won all three of their basketball games this season. They defeated Tarboro 54-36 at Tarboro, Sanderson 66-53, at Sanderson, and Goldsboro 68-58 in Rocky Mount.

There are many outstanding players on the team this year. Five players Ronald Martin, Willie Williams, Charles Lewis, Sidney Armstrong, and Reginald Lucas, have scored over ten points in a game.

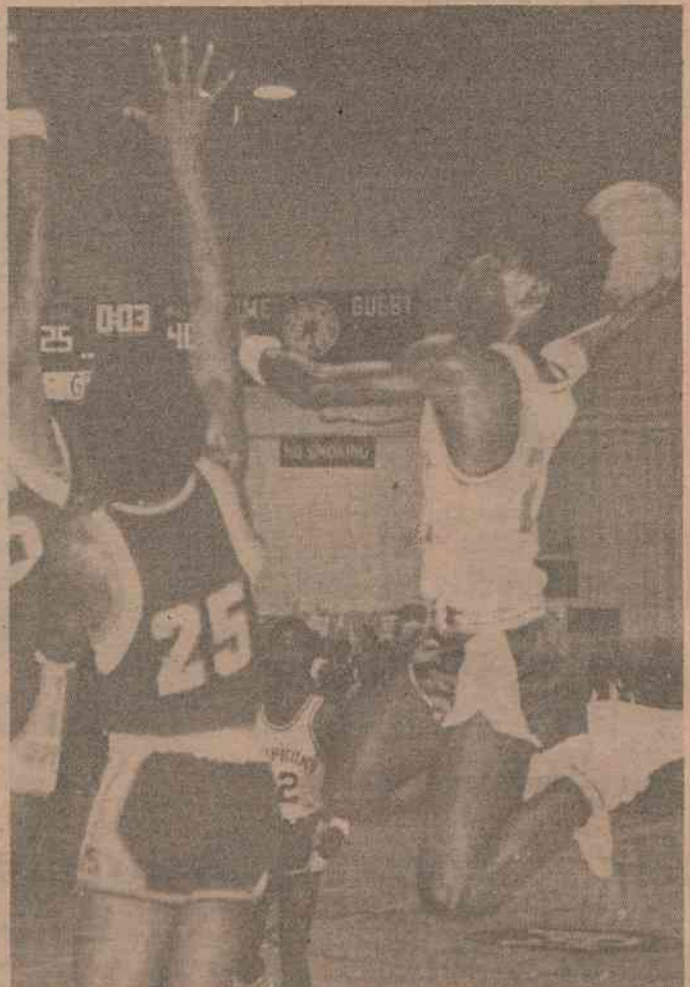
The Jayvees have shown remarkable skill and poise in their three wins. Coach Chesson has trained the team so that they don't panic when under pressure.

Willie Williams was the high scorer in the Tarboro game with 16 points. Sidney Armstrong dropped in 10 and Ken Bullock was close behind with 9 when the Baby Gryphs defeated Tarboro 54-36.

Charles Lewis poured in 17 points and Reginald Lucas added 11 as the Gryphons defeated Sanderson 66-53.

Charles Lewis shot the eyes out of the Cougars when he dropped in 26 points. Reginald Lucas added 15 as the Baby Gryphs defeated the Goldsboro Cougars 68-58.

The members of the team are Ronald Martin, Willie Williams, Charles Lewis, Ken Bullock, Leroy Alexander, Sidney Armstrong, Jimmie Roberson, Perry Mayo, Reginald Lucas, Robert Privott, Stewart Joyner, Tommy Smith, Jeff Joyner and Daniel McCallen.



Shades of David Thompson! Phil Ford flies high. (Photo by Kent Murray)

Wrestling Terminology

Wrestling is a challenging sport that pits two men in a struggle to pin each others shoulders to the mat. In order to equalize competition the participants are divided into weight classes. Points are awarded for skillful execution of holds or technical maneuvers.

Matches take place on mats laid on a floor, and are divided into three 3-minute periods. A match ends when one wrestler scores a fall. To do this he must pin his opponent's shoulders to the mat. If neither wrestler scores a fall then the match is awarded to the wrestler that is ahead on points.

Everyone should attend a wrestling match. High school wrestling is not like Championship Wrestling. High school wrestlers rely on speed and strength. Some basic wrestling terms that you will need to know if you decide to go to a wrestling match are.

Tie up occurs when two wrestlers come to grips or tie-up while in a standing position. The tie-up is the starting position for a number of ways of forcing an opponent to the match.

Fall occurs when a wrestler pins his opponents shoulders to the mat for a certain length of time usually 2 seconds.

Referee's position starts the second and third periods of a match. It puts the top wrestler on offense and the bottom one on defense. This test the ability of each wrestler to use an advantage or to escape from a bad

position.

Switch occurs when a wrestler obtains arm leverage to change from a defensive to an offensive position.

Ride describes the maneuvers by a wrestler to maintain a position of advantage over his opponent.

Sit-Out is a basic defensive maneuver often performed by the underneath man in the referee's position. By using this maneuver the wrestler is able to escape holds or to move so that he can apply holds.

Leg Dive is the common way of getting the opponent to the mat. This is the first goal of any match. The offensive wrestler may tackle either one leg or both legs of his opponent.

Cross-Ankle Pickup is another hold a wrestler uses to get an opponent down on the mat. He grabs his opponent's ankle with one hand and puts the other arm around the opponent's waist. This provides leverage to bring him down.



"The five students who made the first team are..."

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