



Gotcha!

Ben Mezer strains for a pin against Tran Vowe during a recent wrestling practice.

Grimsley wrestlers grapple with training, opposition

By Mark Robinson
Reporter

When you think of the word wrestling, images of Dusty Rhodes, D-D-T, "The Nature Boy" (Rick Flair), and flying elbows come to mind. However, the wrestling team at Grimsley differs greatly from wrestling you might have seen on T.V.

This year's team has many returning members. They are Michael Harlow, Aaron Clark, Ben Mezer, Zan Ferris, Demetrius Gilchrist, Fred Blakney, and Joe Guzzio. Last year the team had a record of 5 wins and only 1 loss in the conference, and an overall record of 10 wins and 5 losses. Last year Guzzio won the state championship in his weight class, 119lbs.

The wrestlers are separated by

weight classes that range from 103 lbs. to over 220 lbs. One of the hardest parts about wrestling is making the weight cut. One of the ways the team does this is by running in thick clothes, which causes greater weight loss. Also, members of the team have to change their eating habits during wrestling season.

"During wrestling season, basically the only thing I eat is air," Joe Guzzio said.

The average practice begins directly after school and ends around 6:30 P.M. During practice the team starts out by running several miles and running stairs, doing pull-ups and sit-ups, drills, and they conclude practice with actually wrestling against each other.

"A typical practice is hard, vigorous, and mentally challenging," said Fred Blakney,

a sophomore.

Before a match members of the wrestling team do various things to get ready. "I warm-up and think about beating the opponent," said Guzzio.

Wrestling matches pit individuals against other individuals, but wrestling is still a team sport. Unlike the wrestling you may have seen on television, there is no tag team wrestling and Royal Rumbles in high school wrestling. However, the goal in both forms of wrestling is to pin the opponent. There are many different reasons why the wrestlers wrestle. Some wrestle to stay in shape while others wrestle for the love of the sport.

"The best part about wrestling is setting goals, sticking to them, and winning matches," said Blakney.

Disc golf: sport of the future or waste of time?

By Simon Newman
Staff Writer

A major question that has pondered the brains of even the greatest minds that Grimsley has to offer is: What in the world is disc golf?

Maybe this article can help them to figure it out. This sport shows the adapting and rapidly changing ways of the modern society by altering a sport which has been termed passive into an aggressive event. The sport was first created at the University of California at Berkeley, the home of the first disc-golf course.

The sport is played exactly like the game of golf with just a few modifications. Disc golf courses are shorter than normal golf courses. The distance for a hole is usually no greater than 600 feet. Its players play 18 holes, just as in golf. Disc golf courses usually have par 3 on all of their holes. One of the more notable changes is the use of poles that are 5 feet high instead of a small hole. On top of the poles are baskets with a 3-foot

radius. Above those are loose chains used as force absorbers. When the disc hits them, they fall into the basket. Some courses even have tone sounders on the poles (so that telling when the player gets the disc into the basket is easy).

Another different feature that this "new-age" golf has from normal golf is the use of discs instead of clubs. The discs are smaller and heavier than normal frisbees. Thus, they do not fly as far as a golf ball can be hit. Instead, the discs rely on straightness and stability. There are a variety of discs, just like there are many kinds of golf clubs. There are putters, drivers, mid-

rangers, and long-rangers. The putter is thicker and stronger than the others for accuracy while the driver is thinner and stiffer so that it can fly farther. There are many types of shots and hooks. Mark Gordon, a sophomore compare disc golf to regular golf with "It's about the same but in golf you have to learn how to swing a club but in frisbee golf you have to

learn to throw a frisbee really well".

The only negative aspect of disc golf is that it comes with a lofty price tag. Discs cost between \$6-\$8, depending on the store where they are purchased. Unlike regular golf, there are public disc golf courses which allow people to play the sport for free.

The courses are very similar to normal golf courses (except disc-golf courses apply more obstacles to increase the difficulty of the sport). Some obstacles used are dense woods and thick brush. Even on the cut out fairway some hindrances can be found.

Disc golf has become the esteemed pastime of many people on over 600 disc golf courses in the U.S.. Disc golf tournaments provide competition for singles or doubles. A professional tour for disc golfer is composed of members of the P.D.G.A., an organization very comparable to the P.G.A.. The top player on the tour is Stan Kaminsky. There is even a senior's tour of the disc

Whirlie athletes try to take out the trash

By Sarah Atkinson
Reporter

"It's not a sport if you don't talk trash," said Darius Armstrong, a junior. Most students follow this philosophy, but some do not direct their insults toward the opposing team.

Brad Jones, a freshman, says he talks trash to his own team on the basketball court. "It helps our team realize our mistakes," said Jones.

Even though he enjoys provoking other players during a soccer game, Danny Benjamin said, "I do it more in practice than in games."

However, the majority of student-athletes take more pleasure out of "cracking" on their opponents than their teammates.

Sharrie Martin, a sophomore, tells the players on the opposite side of the volleyball net that they have "spaghetti arms." Martin said, "I talk trash to try to pump myself up."

Joe O'Neil, a freshman baseball player, said, "I try to get on the other team's nerves and psych them out. I'm the catcher so I have to know how to do these things. It's an unwritten rule."

For those of you who may be wondering exactly what "trash talk" is, here are a few favorite lines muttered on the court:

"GET UP!"

"Go to the wizards and get some skills!"

"Get on the bus, because I'm taking you to school!"

These poetic lines may sound like the perfect way to get your opponents frustrated, but there are consequences to talking trash in any game.

"Some guys will start to hack at your legs because they get mad," said Benjamin.

You also have to watch out for those lines which are not quite as clean as those mentioned above. Referees do not tolerate dirty words.

Anna Straughan, a sophomore

golf circuit. The nearest disc golf course to Grimsley is in Burlington. It is a public course and does not require a fee. Disc golf can also give its players good exercise. Gordon says "You get more exercise playing disc golf because you walk the course instead of using carts.

Disc golf is no joke. It is an

soccer player, got a yellow card (a warning) for using profanity. Jennifer Robinson, a freshman, was less fortunate.

"I got kicked out of a basketball game for cussing," said Robinson.

O'Neil made it clear that he is confident with his ability to talk, saying, "When you're good, you don't get caught."

Another person you may find getting on your case for a dirty mouth is your coach.

Men's basketball coach Bill Walton tells his players, "Let your play speak for itself." He said that if the team suffered a technical foul because of words exchanged, he would suspend the player involved. "If he can't comply with the rules, he is off the team," said Coach Walton.

Collegiate basketball referee and assistant principal Bill Whites has had first-hand experience with some of the best trash talkers in the business. There is no question in Mr. Whites' mind as to when to blow his whistle. "Zero tolerance," said Mr. Whites. "If a player says the magic words, he gets the 'T' (technical foul)." It was only three years ago that the NCAA rules commissioner took out all judgement by the referees where trash talk was concerned. Players today are very aware of this regulation. "After the third year of being strict, there are not a lot of problems," said Mr. Whites.

Jirule Allah, a junior, represents those who see trash talking as a waste of energy. "If you talk trash and you lose, you're going to feel stupid," said Allah.

The general consensus among Grimsley student-athletes seems to be, "talk trash and don't get caught." Referees have their ears open wide for every comment made, especially in high school sports. So if you are one of those athletes who insists on harassing the other players, you better do so very, very quietly.

Basketball Update

The Grimsley men's basketball team opened the regular season with a defeat at the hands of Greensboro Day School. However, the Whirlies have rebounded with victories over Reidsville and Southeast Guilford and are currently 2-2. Leading the Whirlies are Lamont Michael (15 points per game), Chad Wright (11 ppg), and Walker Holt (10 ppg). Grimsley will host Northeast Guilford on December 12, visit High Point Andrews on December 15, and will participate in the Little Four Tournament at the Greensboro Coliseum December 26-28.

-Antonio Graham