

Wrestling '73-'74

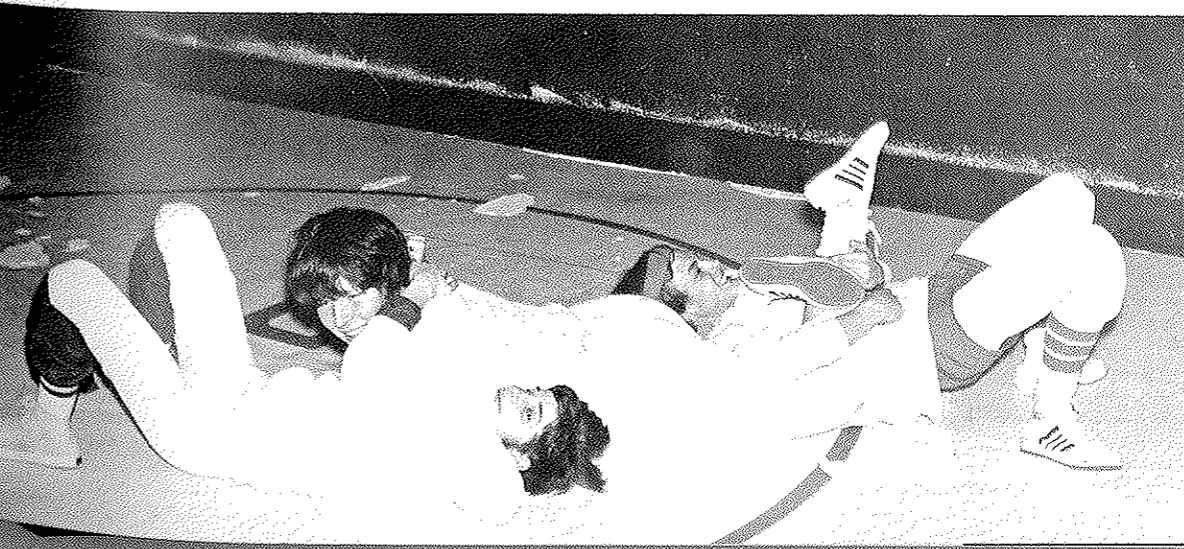


(FRONT ROW) Mac Bowles, Mike Gibas, Kenny Tickle, Grett Dalton, Jim Castele,

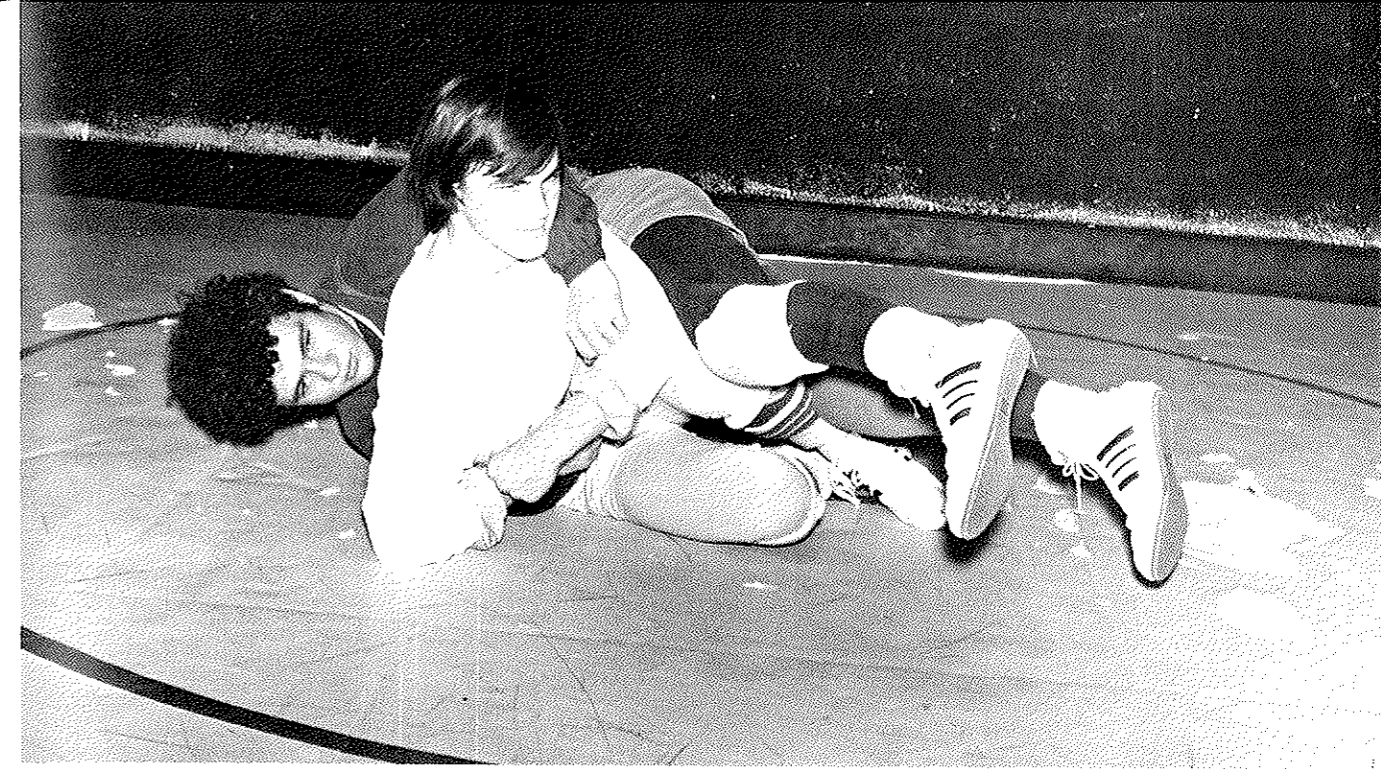
Tim Morgan, (SECOND ROW) Tim Cox, Jeff Hamilton, Mark Ward, Anthony Slaughter,

Randy Kirky, Marty Hayes, Tim Gannaway, (BACK ROW) Jesse Shelor, Dennis Smith,

Robert Underwood, Mark Childress, Danny Cronk, Coach Robbie Gardner



Heavy-weight Marty Hayes combines strength and versatility. Here he executes a figure-four-on-the-head-hold on Tim Morgan and body presses Jim Castele.



Kenny Tickle immobilizes Grett Dalton with a hip roll.

Duke Matmen Achieve Success

Wrestling entered its third season at Dublin in '74. The Duke matmen exhibited more confidence with the increased experience, and the training of two previous years began to tell. Of the twelve D.H.S. grappler, nine boasted winning records in '74 while two held equal win-loss records.

Practice for wrestlers involved many of the same hours of toil developing skills and techniques familiar to all sports. There were, however, unique aspects of wrestlers' training. Weight was a critical factor, and the Duke matmen watched the scales as faithfully as any Weight Watchers member.

Fasting before weigh-in days was common, and wrestlers denied carbohydrates, fats, and water, gave literal tests to Lifesaver candy.

Sweatsuits of all colors and styles cropped up in the halls at D.H.S. as overweight matmen jogged determinedly through the building. The "Big Banana" extracted gallons of water from wrestling team members. Virtually all team members pushed weights daily increasing strength while they removed undesirable pounds.

Practice sessions involved developing skill in executing wrestling moves. Kenny Tickle and Grett Dalton became especially

proficient with shoulder rolls, and Anthony Slaughter once escaped five consecutive near-pins by rolling over his shoulders. A highlight of the season came when heavy-weight Marty Hayes pinned a 310-pound opponent.

Duke wrestlers endured the jeers elicited by "strange" wrestling suits and proved their skills in competition. Fans increased in number and enthusiasm as the season progressed. Illnesses and injuries plagued the squad, and the much-desired State Championship did not materialize. Nonetheless, the D.H.S. squad experienced the satisfaction of success.

