



Rich shows his style as he controls his opponent in the state finals.

# Rich Salamone — McQuaid's 9

By JOHN DOSER

Rich Salamone of McQuaid is the first Catholic high school wrestler to win a state intersectional wrestling championship.

He's also the first City-Catholic League champion to win a state title.

No one knows better the chemistry that makes him tick than McQuaid wrestling coach John Roselli.

"I think it's his overall dedication to the sport," Roselli says.

Since his freshman year, ac-

ording to Roselli, Salamone has had more than a passing interest in wrestling. "He's gone to summer camps, and I think his making came not from my coaching, but from his desire to pick the brain of every possible wrestling person in and outside of the area.

"He got involved in freestyle wrestling last summer and all he did last spring and summer was travel around to clinics and camps, most of them free.

"He worked out with the world team that was at Brockport and it's this sort of thing I think that really helped him."

It was annoying, Roselli recalls, when Salamone, then a 70-pound freshman, interrupted practice every other minute asking specific, detailed questions about aspects of certain moves.

"I think he's a real student of the sport; I think this is what the difference is," Roselli says.

Salamone, a senior who has had overtures from Bucknell and Binghamton State wrestling coaches, has a booklet that he calls "Richie's Move Sheet," a list of all his moves and series of moves that he usually looks at before a match.

He tries to pick out a series that will work best against a particular opponent that he's seen and then he works on those particular moves that week, Roselli explains.

"He's at the point of wrestling

now where it becomes automatic; he doesn't have to think. These things are so ingrained that he just flows freely and this is one of the big things we tried to work on before the states because he does have the tendency to tighten up in the big match.

"He'll get over-cautious and Richie's best wrestling comes when he moves very, very freely."

Salamone's overall record this season was 34-1 (97%), his only loss coming at the hands of East High's Mike Hendrix whom he defeated in a dual meet during the year.

Salamone, whose honest weight is closer to 94 pounds, wrestled most of the season at 96 (where he lost to Hendrix for the City-Catholic 96-pound title), but competed at 91 pounds for the sectionals and intersectionals.

"He's the type of kid, who for all of his matches could have wrestled 94 all year, but he preferred not to, simply because he was shooting for a state title and he wanted to go against the best 98-pounders in the area. And he went against all of them," Roselli says.

The colleges, Roselli explains, see Salamone's potential—perhaps two years away, in his junior and senior years.

"They're expecting he'll grow and make an excellent 118-pounder," Roselli says.

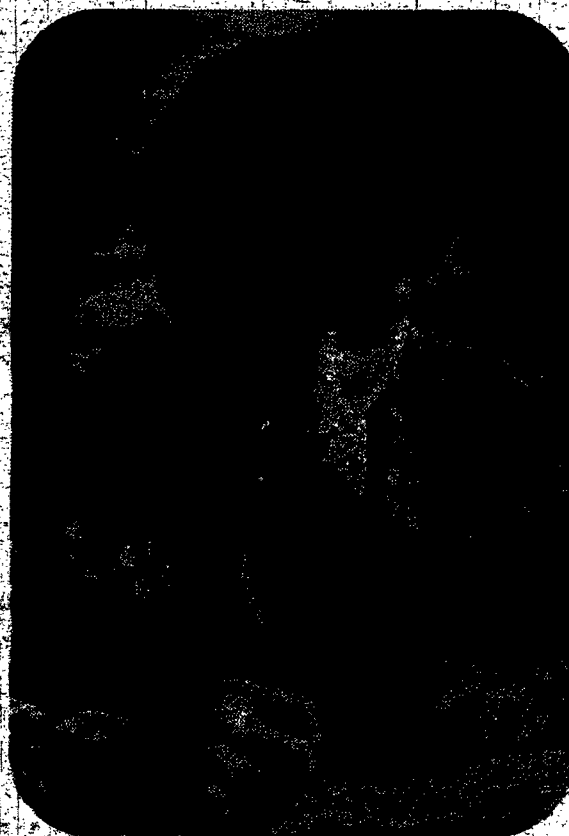
Roselli thinks it's fantastic that McQuaid should be the first to produce a state wrestling champion from a Catholic school.

"It's what I've been working at for 11 years; this is the ultimate—it means so much more than winning City-Catholic titles. I think where it's at today in wrestling is producing state champions and sectional champions," Roselli says.

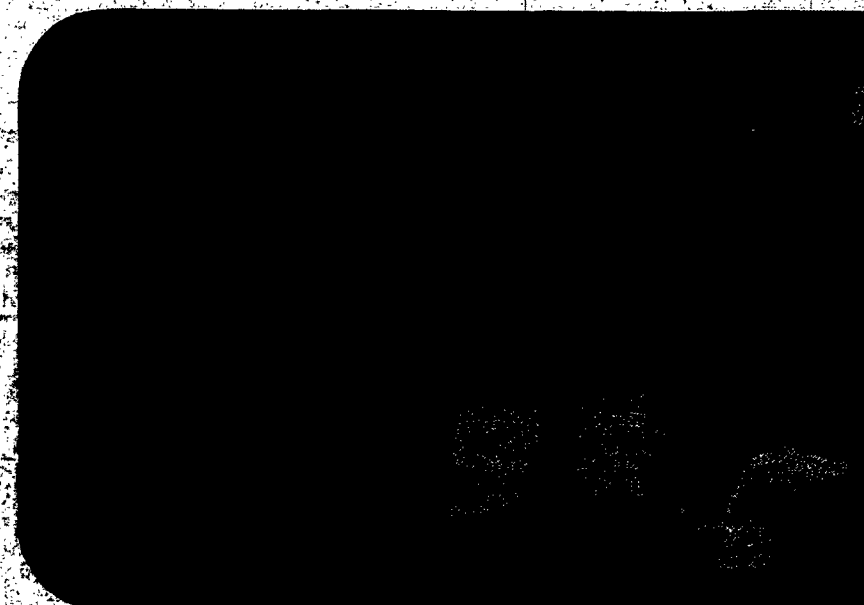
This year's Section 5 team scored



Salamone "gets down in front" to show off his family, Dr. and Mrs. Charles Salamone in rear, and sisters Eva Marie, Linda, Laura and Lisa.



The season completed, the champ turns full attention to studying and college plans.



He performs an experiment for psychology teacher John Christiano, classes at McQuaid.