



Coach John Roselli, assistant principal at McQuaid, discusses a move with Rich before they try it out in practice. (Photos below and at top.)



Rich's 98-Pound Giant

more points than ever before and logged one other state champion (Caledonia-Mumford's Robin Parker), three runnersup, two thirds, two fourths, a fifth and a sixth.

McQuaid finished fifth in the state tournament and third in the Section 5 tournament after winning the City-Catholic title for the third straight year.

Salamone says being the first Catholic school wrestler to win a state wrestling title "sorta puts McQuaid on the map."

"I feel proud that I won, of course, but Mr. Roselli deserves a lot of credit because he taught me from nothing; he did a lot of the work to help me get there."

He laughs now when he thinks of going out for the swimming team as a freshman.

"I wanted to go out for some sport and we had a swimming pool, so I thought I'd try swimming. I was thinking of diving and I did practice

it for a while. Then the manager of the wrestling team came up to me and asked why I didn't try wrestling. I did, and I liked it," Salamone explains.

He says he not only never thought of wrestling before, he didn't even know what it was.

"I got the impression, which a lot of people do, that it was like the stuff you see on television where they jump around and beat each other's heads."

He soon discovered that wrestling was a serious sport.

The most important aspect of wrestling, Salamone says, is refining one's technique.

"That's what I have discovered is most important, making it almost as perfect as you can possibly get it."

One of Salamone's favorite subjects at McQuaid is psychology which is helpful to his wrestling game in that he understands the value of knowing himself and knowing how he can function under pressure.

Using psychology on an opponent (psyching) is in Salamone's view, poor sportsmanship.

Rather than trying to psyche an opponent out, he'd prefer to psyche himself up.

He does a championship job of



Teacher John Christiano, who teaches one of Rich's favorite subjects at McQuaid.



Salamone is honored for his feat, Olympic-style.