

THE LINEUP

NCAA Basketball
Penn State at Ohio State
 6:30 p.m., BTN
 Illinois at Iowa
 8:30 p.m., BTN

NBA
 Chicago at Philadelphia
 7 p.m., CSN

NHL
 Philadelphia at Edmonton
 9:30 p.m., TCN

ON THE WEB

To read full story:
psucollegian.com

MEN'S SWIMMING

Coaches aim to fix relay team's errors

After getting disqualified in Friday's meet, Penn State's relay team is polishing its skills in the pool.

QUICK HITS

PENN STATE

Start times, TV spots for finales released

The Lady Lions announced Tuesday the start times and TV arrangements for their final two regular season games.

Penn State's home finale against Wisconsin on Feb. 25 will tip-off at 7 p.m. The matchup with the Badgers will also serve as Senior Day.

The Lions' road meeting with Indiana on Feb. 28, the last game of the regular season, will begin at 4 p.m. and air on the Big Ten Network.

PENN STATE

Suspended Wizard won't contest NBA

Javaris Crittenton won't contest his NBA suspension for bringing a gun into the Wizards' locker room.

Last Wednesday, commissioner David Stern suspended Crittenton and fellow Washington guard Gilbert Arenas without pay for the rest of the season. Arenas had already asked the union not to contest the penalty.

Crittenton pleaded guilty to a misdemeanor gun charge Jan. 25.

OUR THOUGHTS

NCAA

National signing day showcases future

Today, football, swimming, field hockey and other sports hold their national signing day, when thousands of athletes across the country can ink their names on the dotted lines of their college destinations.

Naturally, football garners the most attention, with theatrics like plucking hats off a table making it must-see TV.

Penn State is expected to finalize one of its best recruiting classes ever — at least since this fetish for recruiting analysis exploded — likely in the nation's top-10.

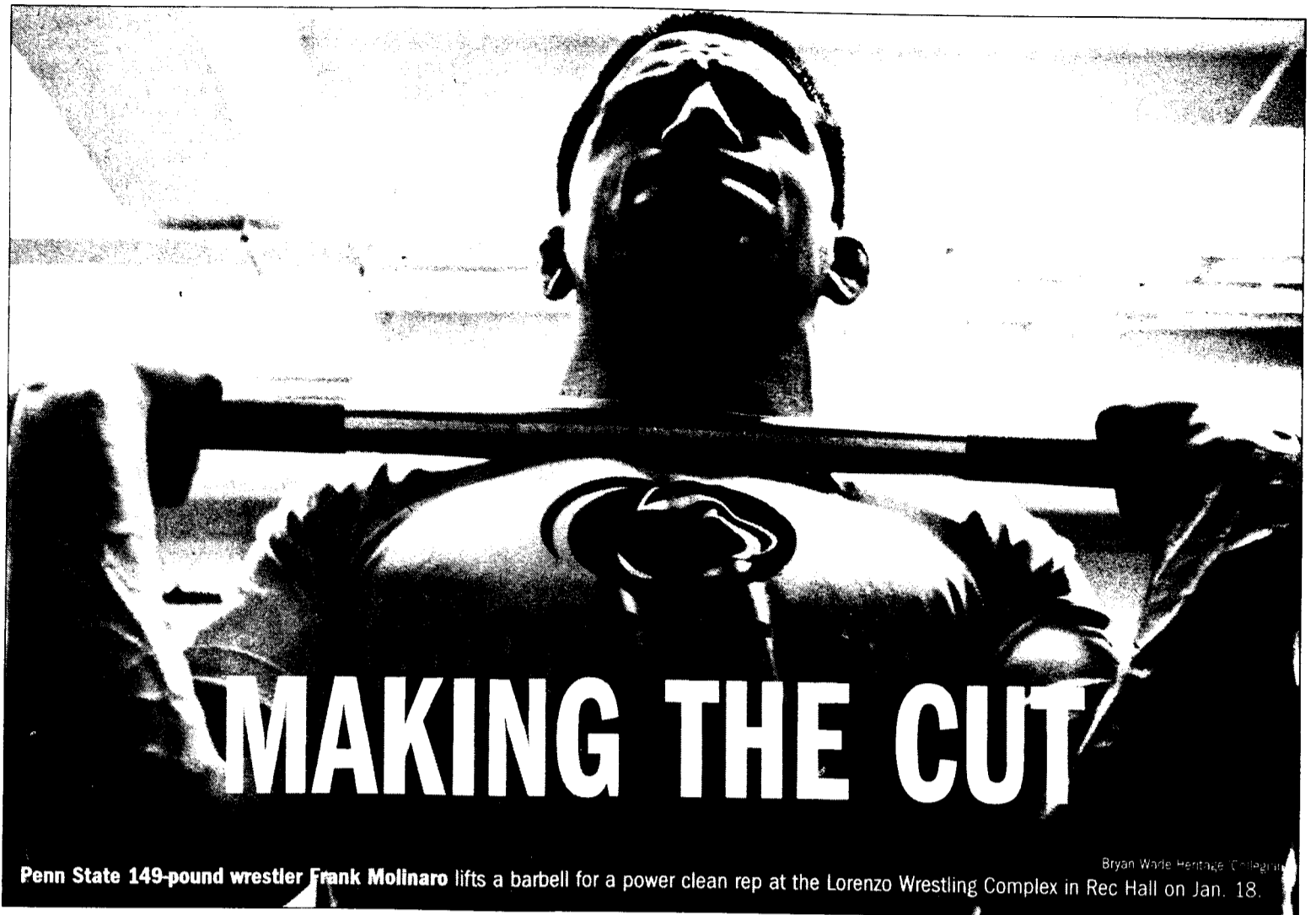
While there's fair reason to be excited for the future of Nittany Lion football, let us remind you the christening of these amateur athletes before they even step onto the field or dive into the pool is a slippery slope for any 18-year-old — even if an NFL paycheck is three years away.

For more of our thoughts, and to share yours, visit the **MAKE PLAYS** blog at psucollegian.com.

TRIVIA

NFL

Q: Who has won the most Super Bowl MVP awards?
 Tuesday's answer: **Chuck Noll** has coached the most Super Bowl champions, leading the Steelers to four titles in the '70s.



Penn State 149-pound wrestler Frank Molinaro lifts a barbell for a power clean rep at the Lorenzo Wrestling Complex in Rec Hall on Jan. 18. *Bryan Wade Heritage/Collegian*

Weight management keeps Lions healthy

By Jocelyn Syrstad
 COLLEGIAN STAFF WRITER

The night before a match, Frank Molinaro would be in the sauna, frantically riding a bike to sweat off five or six pounds.

The redshirt sophomore, who wrestled at 141 pounds last season, would cut an average of 13-14 pounds every week. Once he got down to scratch weight, the pounds he had just lost would come back, and he'd repeat the strenuous procedure.

And it showed in his health, his mother said. A critical care nurse, Michele Molinaro saw her son come down with mono, strep that got into his blood, a virus that created ulcerations in his throat and a fever of 102 degrees.

However, this season is a different story. Under the Penn State wrestling team's new coach, Cael Sanderson, the team has moved from starving off weight the night before a match to a more measured approach that takes weight down gradually.

In preparation for the Nov. 5 Intrasquad meet, the Nittany Lions had to weigh in each week prior to their match and come in two pounds lighter until they were down to the correct weight.

This technique is in contrast to previous seasons, when many wrestlers didn't think about their weight until a few days before a match. They would then skip meals and put in extra workouts to force the excess weight off.

"We don't cut weight — we do weight management here," strength and conditioning coach Shawn Contos said. "People outside of the sport of wrestling have given that term 'weight-cutting' a negative connotation, and rightfully so. It takes away from how the kids perform on the mat and stuff, and we can't have that."

Molinaro swears by the new weight management procedure. Even though he has moved up a weight class this season to wrestle at 149 pounds, he's seen a huge difference in how his weight has come off. Instead of focusing on losing weight in practice, he can now concentrate on wrestling and improving, which is helping him lose weight twice as quickly while gaining experience.

"My weight was the breaking point for me," said Molinaro, who is 23-3 this season. "I turned everything around going up a weight class. I'm twice as focused, and I'm finally having fun wrestling again. I can't say I was having that much fun wrestling in the last four years. I'm wrestling the best I ever have, so I have the best of both worlds right now."

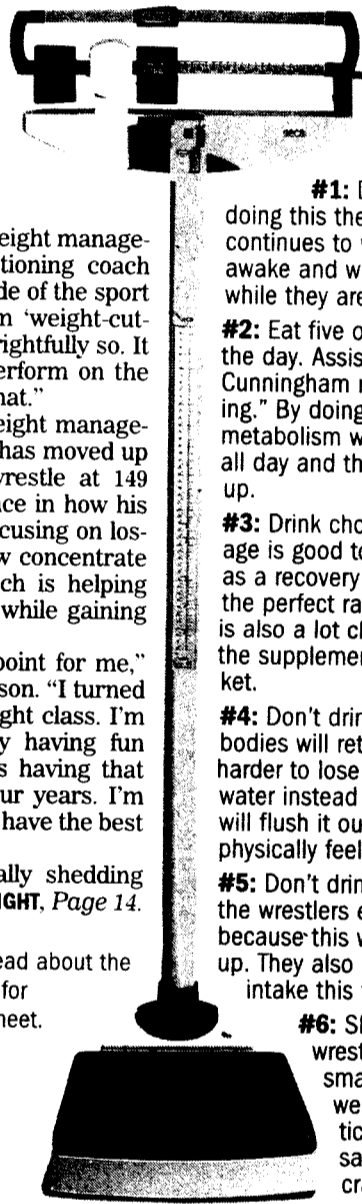
With this philosophy of gradually shedding

See **WEIGHT**, Page 14.



ON THE BLOG

Check Back Points to read about the typical weigh-in routine for wrestlers the day of a meet.
psucollegian.com



Wrestlers' diet plan

#1: Don't eat past 7 p.m. By doing this the wrestlers' metabolism continues to work while they are awake and won't have to try to work while they are asleep.

#2: Eat five or six meals throughout the day. Assistant coach Casey Cunningham refers to this as "grazing." By doing this, the wrestlers' metabolism will continuously be going all day and their energy level will be up.

#3: Drink chocolate milk. This beverage is good to drink after a workout as a recovery because it has almost the perfect ratio of carbs to protein. It is also a lot cheaper than many of the supplemental drinks on the market.

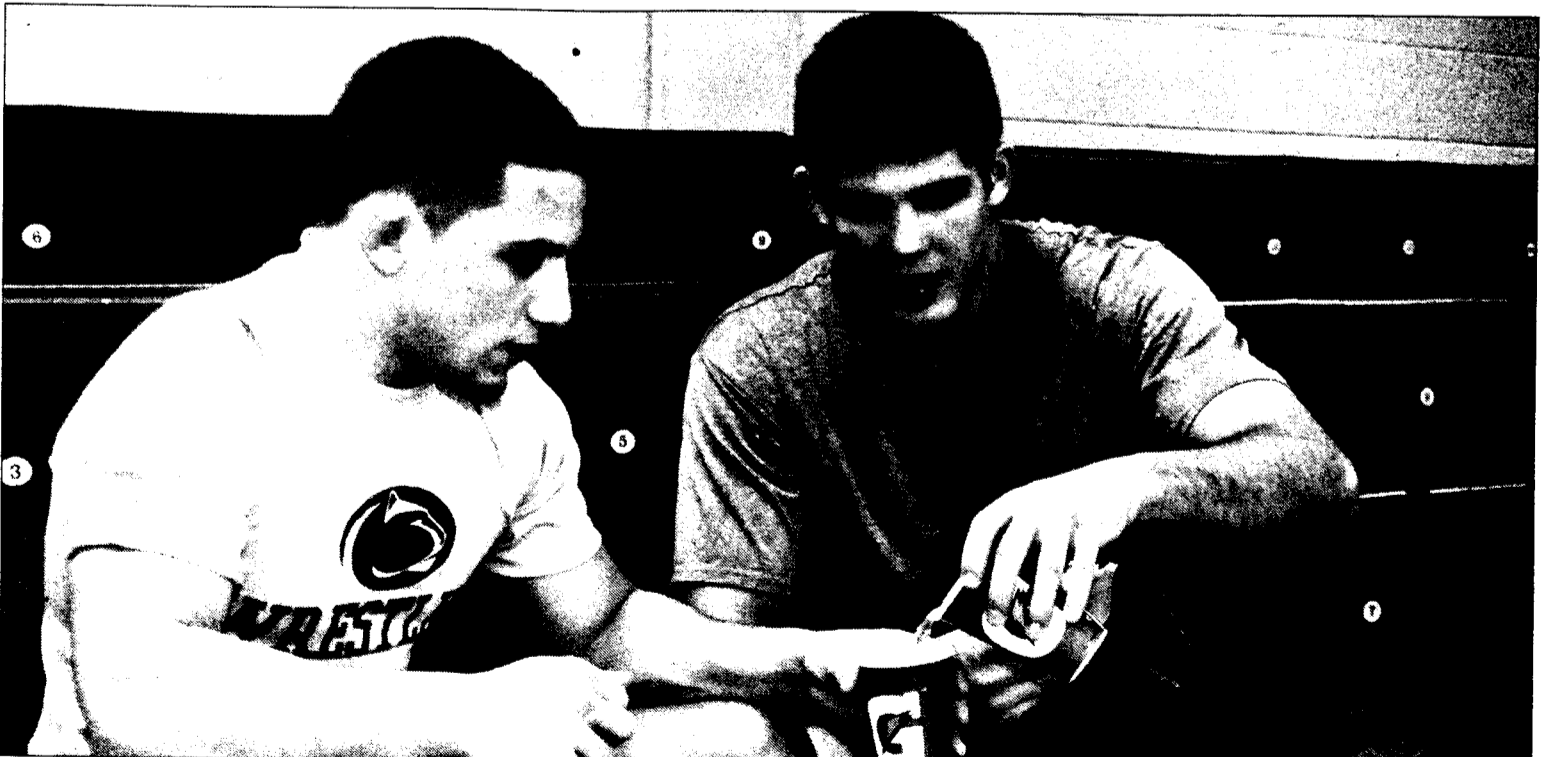
#4: Don't drink soda. The wrestlers' bodies will retain this and it will be harder to lose weight. They drink water instead because their bodies will flush it out faster and they will physically feel better.

#5: Don't drink fruit juice. Instead, the wrestlers eat a piece of fruit because this will bring their energy up. They also increase their fiber intake this way.

#6: Share meals. Since wrestlers are trying to eat small meals and lose weight, it is common practice for them to split sandwiches or share crackers with a teammate or another wrestler.

UPSIZING

Wright building frame to jump to 184 class



Penn State wrestler Quentin Wright (right) pours a drink into the cup of teammate Frank Molinaro on Jan. 18 at Rec Hall. Wright, who finished last season as an All-American at 174 pounds, is working to become a wrestler at 184 pounds. *Bryan Wade Heritage/Collegian*

By Jocelyn Syrstad
 COLLEGIAN STAFF WRITER

Quentin Wright finished last season as an All-American in the 174-pound weight class. But entering this season, he was looking for more — more weight, that is.

While most people associate the sport of wrestling with cutting weight, many individuals need to gain weight in order to compete in a higher weight class.

In the offseason, Wright went

from a lanky 174-pounder on the Penn State wrestling team to nearly 205 pounds. Although he is back to wrestling at 184 pounds this season, getting bigger is something he hopes to continue to do throughout his time on the team.

"Some guys think it's easy to gain weight, but adding functional and beneficial weight takes a lot of discipline, too," assistant coach Matt Derrnan said. "Quentin's got that strength, and you can see already he's gotten significantly

bigger. As long as he doesn't go backwards at all, as long as he's keeping his weight maintained and keeping strong, then we can have a long period of time after the season to add more functional weight to him."

While bulking up this summer, Wright said he ate six full meals and drank a gallon of milk a day. He also spent a lot of time in the gym lifting weights to try to put on more muscle mass than fat.

He plans on doing the same

thing this upcoming summer to hopefully move up another weight class or two, though he said the heavy eating does sometimes leave him very full or with a stomachache.

"It helped me get my weight up, and what it does is it helps keep your metabolism moving," Wright said. "As long as you're

See **GAIN**, Page 14.

Adam Lynch is raising eyebrows with his solid play. | **SPORTS**, Page 10.