

Freshman Martellotti making an impact early

By Mike Still
COLLEGIAN STAFF WRITER

Frank Martellotti had big shoes to fill stepping into the starting spot at the 125-pound weight class this season while two-time NCAA qualifier Brad Pataky nursed a right knee sprain suffered during the preseason.

WRESTLING

The true freshman has answered the call thus far, having gone 5-0 in Penn State's five dual meets and breaking into the top-25 individual rankings at his weight class.

Excited to be undefeated, Martellotti is pleased with his progress so far this year.

"I got off to a good start," the freshman from Pittsburgh said. "I didn't have the wins I wanted to, but I still had wins which is good. It gives me something to work on

the whole rest of the season." The latest USA Today/NWCA Coaches Poll has Martellotti ranked as the No. 18 125-pounder in the country.

Despite catching the eye of the national spotlight, the true freshman is staying level-headed, not bothering to let his national ranking affect his attitude.

"I don't really pay attention to that," Martellotti said. "You can't really pay attention to it if you want to get better. It'll just distract you and that's not what you want."

Pataky, a senior who has dealt with the pressure that comes with high expectations, is impressed with the success Martellotti has achieved in his first year with the program. As a freshman, many expect a wrestler to come in and take their beatings in the practice room and in competition as well. Pataky said.

But the way Martellotti has continued to improve through such adversity is admirable and influential to the rest of the team.

Junior heavyweight Cameron Wade reiterated Pataky's feelings. "He's wrestling great and working his butt off," Wade said.

"He's a tough kid that just goes out there and gets it done. It's awesome."

Martellotti isn't the only young wrestler on the squad contributing to the team's success this season.

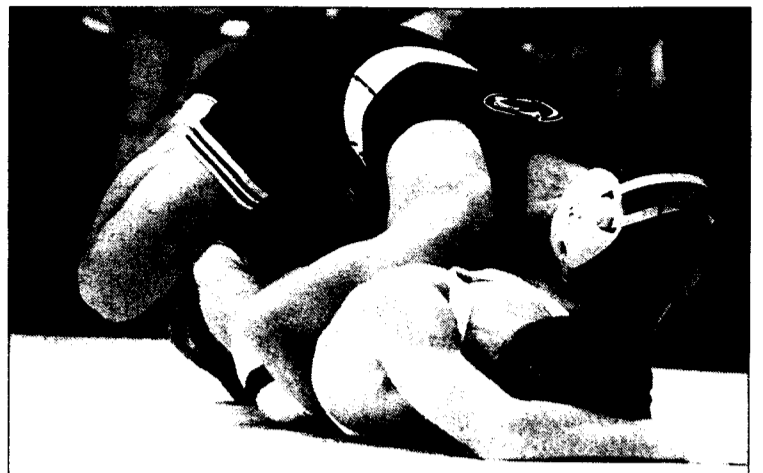
True freshman Andrew Alton, and redshirt freshmen David Taylor and Ed Ruth are all undefeated at 5-0, and have earned spots in the individual national rankings.

Having teammates who are experiencing the same adversities and knowing he has the support of the whole squad have been instrumental to Martellotti's success.

"It's all new basically, just a new experience," Martellotti said. "So it's good to have new guys with you, but honestly, I already feel

like I've been here for years with the team's support."

To e-mail reporter: mas5860@psu.edu



Katie Silvis/Collegian

Frank Martellotti (top) tries to pin an opponent during Penn State's match against Lehigh earlier this season.

Wrestlers look to maintain weight after holiday meals

By Brandt Gelman
COLLEGIAN STAFF WRITER

According to the National Food and Drug Administration, the average American consumes 3,000 calories during a typical Thanksgiving meal. For a wrestler looking to maintain weight, that one meal could be a nightmare.

As the team took the mat for practice on Tuesday, the Lorenzo

Wrestling Complex seemed a bit warmer than usual. Many wrestlers donned full sweat suits through their warm up runs, hoping to get back to wrestling weight.

"The coaches did a great job with the scheduling," true freshman Frank Martellotti said. "We had a two-week competition break which gave us a little more leeway on how we could eat for the holiday."

Coach Cael Sanderson held practice through Wednesday of last week to make sure the team stayed sharp over its time off. With so many members of the team on campus over break, the team sat down for a large Thanksgiving meal on the Monday night before the holiday.

Junior Cameron Wade said each member of the team brought a different side dish to the meal, making the event a large feast. Wade, the heavyweight on the team, said it is nice to be able to eat a normal Thanksgiving meal every year. He added that this year, with the time off between matches, everyone got to indulge a little more than usual.

"For all the guys that were up here for the meal it was great," Wade said. "We are like a second family."

Sanderson said he is not sure how far team get-togethers such as this go toward team bonding, but added even if the team gets a little closer through these events they will continue to do them.

On Wednesday, most members of the team went home to celebrate the holiday. True Freshman

Andrew Alton said he had to watch what he ate to maintain his 141-pound weight. Alton said he drank a ton of water to stay filled over the holiday, and added the coaches told him if he had to eat a lot, to eat turkey because it's healthy and filling. While Alton made sure to listen to his coaches' advice, he said some foods are just unavoidable.

"I love potatoes and stuffing," Alton said. "I may have stuffed myself a little too much with those foods, but that's OK. I'm not too overweight right now."

Junior Justin Ortega did not go home for the holiday — he had his family bring a large meal to him. Ortega said his mother's stuffing, along with her homemade gravy is the "best in the world." He added this Thanksgiving was one of the better ones for him because he is currently a little underweight and had free reign to eat whatever he wanted. Redshirt freshman Ed Ruth agreed with his teammates that the time off between matches came at a perfect time.

"They gave us this time off for a reason," Ruth said. "When I was done eating I felt like I was at least

12 pounds overweight." The No. 5 Nittany Lions have not faced competition since their Nov. 21 Sprawl and Brawl dual meet, marking the longest break from competition the team has had since the beginning of the season.

"Any time you have a week off, along with Thanksgiving, there can be kind of a low there," Sanderson said.

Sanderson said he brought the team back quickly from break, and held a practice that Friday. He was not worried about anything the team may have eaten on Thanksgiving.

"It's not something we are concerned about," Sanderson said. "It's not a bad thing to have a day like that once in awhile, it's more about what you're doing every other day of the week. Whatever they like to go eat is fine as long as it's not against team policy."

One thing Sanderson said is strictly against team policy — Snickers. He said he doesn't think anyone would break that rule, though.

To e-mail reporter: bm5094@psu.edu



Katie Silvis/Collegian

Heavyweight Cameron Wade (left) grapples with a Lehigh wrestler.

Jr. / Sr.
Is your GPA a 3.2+?
• Take good notes?
• Want to improve your grades?
• And EARN MONEY?
Become a Notetaker
NITTANY NOTES
238-0623
nittanynotes.com

appalachian outdoors
123 South Allen Street
State College, PA 16801
www.appoutdoors.com

LIVE ON STAGE EVERY
WEDNESDAY Saloon
BACARDI DRINKS ON SPECIAL TIL MIDNIGHT & 1/2 PRICE HAPPIES 9-11PM

SPA LATENIGHT PRESENTS
MIKE SUPER
MAGIC AND ILLUSION
10:00 PM AT VITAGE HALL
FRIDAY, DECEMBER 3RD, 2010.
ADMISSION IS FREE WITH PSU ID

LIONCASH PLUS
Featured Merchant

- Got Used Bookstore: 20% OFF clothing and gifts when paying with LionCash+ www.gotusedbookstore.com/pennstate
- Hair Time: \$1.00 OFF when paying with LionCash+
- Insomnia Cookies: Buy 6 cookies, get 6 FREE when paying with LionCash+ www.insomniacookies.com
- Lion & Cub: www.nittanyoutlet.com
- Nittany Notes: www.nittanynotes.com
- The Big Onion: www.foodservices.psu.edu/east/

Dec 2010 www.idcard.psu.edu