



photo by Corky Flick

Coach Funk (center) talks with wrestling team alumni Larry Priester (left) and Dave Hess (right).

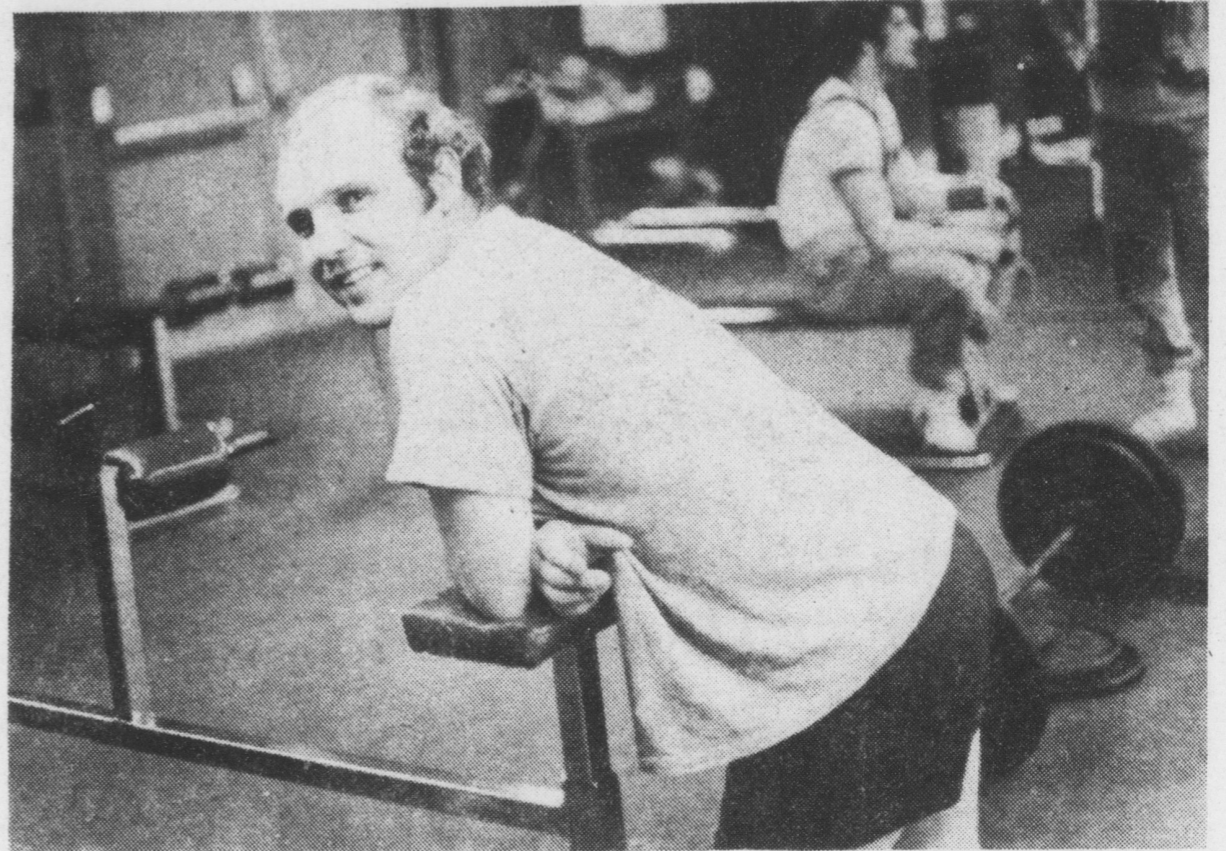


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Coach Iezzi: His JVs keep the varsity on their toes.

Winning wrestling tradition continues at DHS with Funk

[continued from page 1] since 3rd grade. That's 10 years of training.

Another big factor in Donegal's success is hard work.

Coach Funk says, "We're in better physical condition than any team we've wrestled so far."

Varsity wrestlers don't get a chance to rest on their laurels and let their muscles get soft. Elimination matches are held every week. A J.V. can move up to varsity by winning the match.

"Most people never experience what a wrestler feels when he walks off the mat after 6 minutes," he says. "Even his fingernails are tired."

Conditioning is more important than skill, Coach Funk says.

"Even if we meet a team that is a little more skilled than we are, if we can hang in there, we can take it to them in the 3rd period," he says.

After conditioning, a

wrestler's most important asset is his mental attitude, Coach Funk says.

The team has improved since the season began, and Coach Funk thinks the improvement is due to an improved attitude.

"They had to get some faith in themselves, as well as faith in a new person as the head," he says. "After the tournament, they knew they could win."

According to the wrestlers, coach Funk is a master of wrestling psychology.

One wrestler says,

"I don't know how he does it. You expect a wrestling coach to be a real ogre at practice. Mr. Funk seems easy going, but he makes you realize how hard you have to work to win."

Coach Funk says, "I appreciate all the help I've gotten this year from the coaching staff, the wrestlers, the parents, the administration, and especially Walter Price."



Pete Splain, a Beahm Jr. High wrestler, pins his opponent. The Beahm grapplers recently upset Hempfield 49-12.



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