



**WARDE WRESTLING
RECORDS BOOK 2007-08**

MOST WINS IN A SEASON

<u>Rank</u>	<u>Name</u>	<u>Wins</u>	<u>YR</u>
1	Lee Mannion	50	02
1	Max Pazdan	50	03
2	Lee Mannion	45	01
3	Max Pazdan	44	02
4	Ryan Lavelle	43	04
4	Brendan Herlihy	43	04
4	John Topolski	43	01
5	Favio DeLaBrena	40	02
5	JJ Casagrande*	40	06
6	John Topolski	38	00
6	Zack Wagner	38	04
7	Ben Clifford	37	04
7	Brendan Herlihy*	37	05
8	Dom Discala	35	02
9	Brett Sidebottom	34	00
9	Ryan Lavelle	34	03
9	Anthony Parrish*	34	05
9	Levi Shelly*	34	05

SEASON WIN % LEADERS

<u>Rank</u>	<u>Name</u>	<u>Wins</u>	<u>Loss</u>	<u>YR</u>	<u>Win %</u>
1	Lee Mannion	50	1	2002	98.0%
1	Max Pazdan	50	1	2003	98.0%
2	Brendan Herlihy	37	1	2005	97.3%
3	Steven Pease	22	1	2005	95.7%
3	Lee Mannion	45	2	2001	95.7%
4	Anthony Parrish	34	2	2005	94.4%
5	Favio DeLaBrena	40	3	2002	93.0%
6	Dom Spadaro	12	1	2006	92.3%
7	Max Pazdan	44	4	2002	91.6%
8	John Topolski	43	4	2001	91.4%
9	Brendan Herlihy	43	5	2004	89.5%
10	Lonnie Mcgee	33	4	2005	89.1%
11	JJ Casagrande	40	5	2006	88.8%
12	Dom Moralas	30	5	2003	85.7%
13	Brett Sidebottom	34	6	2000	85.0%
14	Anthony Parrish	42	8	2004	84.0%
15	Ryan Lavelle	34	7	2003	82.9%
16	Mike Toth	29	6	2000	82.8%
17	Ryan Lavelle	43	9	2004	82.7%
18	John Topolski	38	8	2000	82.6%
19	Ben Clifford	37	8	2004	82.2%

100 Win Club

Lee Mannion
Max Pazdan
Brendan Herlihy
Anthony Parrish
John Topolski
Zack Wagner

CAREER WINS

<u>Rank</u>	<u>Name</u>	<u>#Wins</u>
1	Lee Mannion	135
2	Max Pazdan	130
3	Brendan Herlihy	110
4	Anthony Parrish	109
5	John Topolski	105
6	Zack Wagner	104
7	JJ Casagrande*	100
8	Omar Graudiel	89
9	Jeff Cefalu	87
10	Hector Graudiel	83
11	Dan Wojnarski	80
12	Ryan Lavelle	77
12	Jesse Black	77

CAREER FALLS

1) Max Pazdan	83
2) John Topolski	78

MOST FALLS IN A SEASON

<u>Rank</u>	<u>Name</u>	<u>YR</u>	<u>Falls</u>
1	John Topolski	2000	33
2	Max Pazdan	2003	32
2	Ryan Lavelle	2004	32
3	John Topolski	2001	31
4	Brendan Herlihy	2005	27
5	Max Pazdan	2002	26
5	Favio DeLa Brena	2002	26
5	Brendan Herlihy	2004	26
6	Ryan Lavelle	2003	24
7	Jesse Black	2006	23
8	Dom Moralas	2003	22
9	Jeff Cefalu	2002	20
9	Levi Shelley	2005	20
9	Silas Shelley	2007	20
10	Lee Mannion	2002	19
10	Max Pazdan	2001	19
10	Dom Spadaro	2005	19
10	Jason Wojnarski	2006	19
10	JJ Casagrande	2006	19

State Place Finishers 1998 – 2007
 Class LL 1998 – 2005; Class L 2006; Class M 2007

<u>Name</u>	<u>WT</u>	<u>PLACE</u>	<u>YR</u>	<u>Name</u>	<u>WT</u>	<u>Place</u>	<u>YR</u>
Brett Crossland	140	4th	1998	Zack Wagner	160	5th	2003
Brian Ente	112	6th	1999	Barrett Risley	152	6th	2003
John Topolski	215	2nd	2000	Dan Wojnarski	119	6th	2003
Brett Sidebottom	160	5th	2000	Anthony Parrish	160	2nd	2004
Jon Fatigate	171	5th	2000	Brendan Herlihy	215	2nd	2004
Lee Mannion	125	6th	2000	Ryan Lavelle	171	3rd	2004
Mike Toth	130	6th	2000	Zack Wagner	152	4th	2004
Lee Mannion	130	1st	2001	Ben Clifford	HWT	6th	2004
John Topolski	215	2nd	2001	Omar Graudiel	140	6th	2004
Favio DeLaBrena	125	3rd	2001	Anthony Parrish	189	1st	2005
Dan Wojnarski	103	4th	2001	Brendan Herlihy	HWT	1st	2005
Max Pazden	189	4th	2001	Levi Shelley	140	2nd	2005
Hector Graudiel	152	5th	2001	Zack Wagner	160	3rd	2005
Jeff Cefalu	119	5th	2001	Lonnie McGee	152	4th	2005
Favio DeLaBrena	125	1st	2002	Dom Spadaro	112	6th	2005
Lee Mannion	135	1st	2002	JJ Casagrande	171	6th	2005
Max Pazdan	189	1st	2002	Jason Wojnarski	103	2nd	2006
Dom Discala	119	3rd	2002	John Abbey	130	3rd	2006
Barrett Risley	152	4th	2002	JJ Casagrande	189	3rd	2006
Dan Wojnarski	112	4th	2002	Jesse Black	135	4th	2006
Gavin Sidebottom	171	4th	2002	Silas Shelley	152	4th	2006
Mike Bertanza	215	5th	2002	Omar Graudiel	160	4th	2006
Hector Graudiel	145	6th	2002	Ian Potts	275	5th	2006
Max Pazdan	189	1st	2003	Pete Masee	171	6th	2006
Ryan Lavelle	171	2nd	2003	Curtis Watkins	119	4th	2007
Brendan Herlihy	215	3rd	2003	Silas Shelley	160	4th	2007
Anthony Parrish	145	5th	2003	Marcello Catapano	189	6th	2007

STATE OPEN PLACEFINISHERS

<u>Name</u>	<u>WT</u>	<u>Place</u>	<u>YR</u>
Brett Sidebottom	160	5th	2000
John Topolski	215	5th	2000
Lee Mannion	130	3rd	2001
John Topolski	215	3rd	2001
Favio DeLaBrena	125	5th	2002
Lee Mannion	135	1st	2002
Gavin Sidebottom	171	4th	2002
Max Pazdan	189	2nd	2002
Max Pazdan	189	1st	2003
Brendan Herlihy	215	4th	2003
Anthony Parrish	160	4th	2004
Ryan Lavelle	171	2nd	2004
Brendan Herlihy	215	2nd	2004
Levi Shelley	140	6th	2005
Anthony Parrish	189	1st	2005
Brendan Herlihy	275	1st	2005
JJ CasaGrande	189	5th	2006
Curtis Watkins	119	5th	2007

MOST TOURNAMENTS WON

FCAIC

Lee Mannion	2X
Max Pazdan	2X
Brendan Herlihy	2X
Anthony Parrish	2X

LL's

Lee Mannion	2X
Max Pazdan	2X

State Open

Lee Mannion	1X
Max Pazdan	1X
Brendan Herlihy	1X
Anthony Parrish	1X

NEW ENGLAND PALCE FINISHERS

<u>Year</u>	<u>Name</u>	<u>Finish</u>
2002	Lee Mannion	3rd
2003	Max Pazdan	2nd
2005	Brendan Herlihy*	2nd

FCIAC Place Finishers 1998-2007

<u>WT</u>	<u>Name</u>	<u>Place</u>	<u>YR</u>
135	Kyle Black	6th	1998
140	Brett Crossland	3rd	1998
215	John Topolski	6th	1998
112	Brian Ente	4th	1999
130	Mike Toth	3rd	1999
112	Brian Ente	3rd	2000
125	Lee Mannion	5th	2000
130	Mike Toth	2nd	2000
160	Brett Sidebottom	2nd	2000
171	John Fatigate	5th	2000
189	Max Pazdan	6th	2000
215	John Topolski	3rd	2000
103	Dan Wojnarski	4th	2001
112	Dom Morales	4th	2001
119	Jeff Cefalu	2nd	2001
125	Favio DeLaBrena	3rd	2001
130	Lee Mannion	1st* (MOW)	2001
135	Mike Russo	5th	2001
152	Hector Graudiel	2nd	2001
189	Max Pazdan	4th	2001
215	John Topolski	1st	2001
112	Dan Wojnarski	5th	2002
119	Dom Discala	3rd	2002
125	Favio DeLaBrena	1st	2002
135	Jeff Cefalu	2nd	2002
140	Lee Mannion	1st	2002

<u>WT</u>	<u>Name</u>	<u>Place</u>	<u>YR</u>
145	Hector Graudiel	3rd	2002
152	Barrett Risley	3rd	2002
160	Derek Dicso	4th	2002
171	Gavin Sidebottom	2nd	2002
189	Max Pazdan	1st	2002
103	Dom Morales	3rd	2003
119	Dan Wojnarski	3rd	2003
125	Greg Pagnozzi	4th	2003
140	Omar Graudiel	6th	2003
145	Anthony Parrish	4th	2003
160	Zack Wagner	5th	2003
171	Ryan Lavelle	3rd	2003
189	Max Pazdan	1st	2003
215	Mike Bertanza	3rd	2003
HWT	Eric Felitto	5th	2003
103	Dave Walsh	6th	2004
130	Levi Shelley	3rd	2004
135	Jason Ekholm	5th	2004
140	Omar Graudiel	4th	2004
145	Lonnie McGee	4th	2004
152	Zack Wagner	2nd	2004
160	Anthony Parrish	1st	2004
171	Ryan Lavelle	2nd	2004
189	Kyle Goeller	5th	2004
215	Brendan Herlihy	1st	2004
HWT	Ben Clifford	2nd	2004

FCIAC Place Finishers Cont...

<u>WT</u>	<u>Name</u>	<u>Place</u>	<u>YR</u>
103	Jason Wojnarski	4th	2005
112	Dom Spadaro	3rd	2005
119	Jonathan Abbey	4th	2005
125	Jesse Black	5th	2005
140	Levi Shelley	3rd	2005
152	Lonnie McGee	1st	2005
160	Zack Wagner	2nd	2005
171	JJ Casagrande	4th	2005
189	Anthony Parrish	1st	2005
HWT	Brendan Herlihy	1st	2005
103	Jason Wojnarski	3rd	2006
112	Dave Walsh	3rd	2006
119	Curtis Watkins	4th	2006
135	Reed Immer	6th	2006
140	Jesse Black	4th	2006
152	Silas Shelley	5th	2006
160	Omar Graudiel	4th	2006
171	Marcello Catapano	6th	2006
189	JJ CasaGrande	2nd	2006
119	Curtis Watkins	4th	2007
130	Chris Siconolfi	6th	2007
140	Bobby Rigilano	5th	2007
145	Reed Immer	5th	2007
160	Silas Shelley	5th	2007
189	Marcello Catapano	3rd	2007

FHS TEAM RECORD

1998 – 2004

1998	2-21-1
1999	12-10
2000	18-5
2001	24-1-1
2002	22-4
2003	22-2
2004	27-3
TLS	127-37-2

Warde TEAM RECORD

1998 – 2004

2005	17-1
2006	19-7
2007	13-5
TLS	49-13

Overall Record

1998 – 2007

176wins 50 Loses 2 Ties

Ranked Top Ten in the State 2000 - 2006

2000-2001 Norwich Bulletin Coaches Poll Week 7, Feb. 13

No. Team	Rec	Pts.	LW
1. Danbury (10)	19-1	180	1
2. Southington	24-1	160	2
3. Bethel	18-0	146	3
4. Berlin	21-5	116	4
5. Killingly	17-3	104	5
6. Simsbury	19-4	99	6
7. Derby	22-1	92	7
8. RHAM	22-2	80	8
9. Fairfield	23-1-1	48	10
10. NFA	14-4-1	46	9

Also receiving votes: Windham High 31, Bristol Central 23

2001-02 Norwich Bulletin Coaches poll Final, Feb. 18

No. Team	Rec.	Pts.	LW
1. Danbury (11)	20-1	220	1
2. Fairfield High	22-4	169	7
3. Southington	32-1	167	2
4. Derby	23-0-1	163	3
5. Fitch	20-5-1	135	5
6. Bridgeport Cen.	32-1	117	4
6. RHAM	24-2-1	117	10
8. Killingly	18-2-1	105	6
9. Berlin	18-5	84	9
10. NFA	20-5	61	8

Also receiving votes: Windham High (22-8) 23; Glastonbury (25-4) and Waterford (20-9) 7.

2002-03 Norwich Bulletin Coaches poll Week 10 [FINAL], Feb. 24, 2002

No. Team	Rec.	Pts.	Prev
1. Danbury (9)	27-1	180	1
2. Killingly	25-3	154	4
3. Windham High	23-1	135	3
4. Glastonbury	23-2	129	5
5. Southington	27-3	109	8
6. RHAM	24-3	95	6
7. Berlin	23-6	87	9
8. Conard	24-1	79	7
9. Fairfield High	22-2	73	2
10. Bethel	20-4	39	10

Also receiving votes: Montville (21-8) 38, Fitch (16-11-1) 7

2003-04 Norwich Bulletin Coaches poll Week 10, Feb. 23, 2004 (FINAL)

No. Team	Rec.	Pts.	LW
1. Danbury (10)	17-1	200	1
2. Windham	28-1	176	2
3. Ledyard	19-2	164	3
4. Glastonbury	21-2	120	5
5. Rockville	23-3	103	6
6. Amity	24-3	102	7
7. Killingly	21-5	77	10
8. Fairfield	27-3	64	4
9. Nonnewaug	21-3	58	nr
10. New Milford	23-3	57	9

Also receiving votes: Plainville (18-4) 46, Berlin (22-7) 39, Montville (31-3) 16, Xavier (26-6) 8

Ranked Top Ten in the State 2000 - 2006

**2004-05 Norwich Bulletin
Coaches poll 2005
Week 10 (Feb. 28) Final 2005 poll**

No. Team	Rec.	Pts.	LW
1. Danbury (9)	21-0	180	1
2. Waterford	15-5	154	5
3. Ledyard	17-4	134	3
4. Fairfield Warde	21-1	129	2
5. Windham	20-3	120	6
6. New Milford	15-2	95	7
7. NW Regional	13-4	89	nr
8. Berlin	20-3	81	4
9. Montville	16-2	48	13
10. Bris. Eastern	20-3	29	8

Also receiving votes: RHAM (12-8) 18; Griswold (8-9) and Hartford Public (4-9) 15; Daniel Hand (21-5) and East Hartford (19-1) 8.

**2005-06 Norwich Bulletin
Coaches poll 2005
FINAL, Feb. 27**

No. Team	Rec.	Pts.	LW
1. Danbury (10)	19-2	200	1
2. Windham	28-6	172	3
3. New Milford	19-2	160	7
4. Ledyard	26-2	139	2
5. Montville	23-1	90	4
6. Griswold	15-3	83	nr
7. Bris. Central	24-2	75	6
8. Waterford	13-7	73	10
9. Fair. Warde	19-7	72	13
5. Southington	20-3	54	5

Also receiving votes: Trumbull (23-4) 49, Ridgefield (9-8) 18, Bristol Eastern (20-7) 17, Conard (25-4) 10, Norwalk (2-21) 9, Killingly (16-10) 7.

WARDE WRESTLING

The 1st period is won by the best technician. The 2nd period is won by the kid in the best shape. The 3rd period is won by the kid with the biggest heart.

[Dan Gable](#)

6 minutes to wrestle – a lifetime to remember

I shoot, I score. He shoots, I score.

[Dan Gable](#)

"Obstacles are those frightening things that become visible when we take our eyes off our goals."

[Henry Ford](#)

Somewhere in the world someone is training when you are not. When you wrestle him, he will win."

[Tom Fleming's adjusted](#)

It's not whether you get knocked down, it's whether you get up.

[Vince Lombardi](#)

The man who can drive himself further once the effort gets painful is the man who will win."

[Sir Roger Bannister](#)

"I have not failed 10,000 times. I have successfully found 10,000 ways that will not work"

[Thomas Edison](#)

"If you believe in yourself, have dedication and pride and never quit, you'll be a winner. The price of victory is high, but so are the rewards.

["Paul "Bear" Bryant](#)

"It's lack of faith that makes people afraid of meeting challenges, and I believe in myself."

[Muhammad Ali](#)

Dictionary is the only place that success comes before work. Hard work is the price we must pay for success. I think you can accomplish anything if you're willing to pay the price.

[Vince Lombardi](#)

"Champions aren't made in gyms. Champions are made from something they have deep inside them: A desire, a dream, a vision. They have to have last-minute stamina, they have to be a little faster, they have to have the skill and the will. But the will must be stronger than the skill."

[Muhammad Ali](#)

One man practicing sportsmanship is far better than fifty preaching it.

[Knut Rockne](#)

"If you train hard, you'll not only be hard, you'll be hard to beat."

[Herschel Walker](#)

The greatest accomplishment is not in never falling, but in rising again after you fall.

[Vince Lombardi](#)

"Perfection is not attainable, but if we chase perfection we can catch excellence."

[Vince Lombardi](#)

Never let your head hang down. Never give up and sit down and grieve. Find another way.

[-- Satchel Paige](#)

It is how you show up at the showdown that counts.

[-- Homer Norton](#)

Champions aren't made in the gyms. Champions are made from something they have deep inside them - a desire, a dream, a vision.

[--Muhammad Ali](#)

"Raising your level of performance requires a proper mentality and meaning from within. This gives you the ability and drive to work on the things necessary to go to a higher level. When people ask me how to raise their level of performance, the first thing I ask is, How important is it to you?"

[Dan Gable](#)

Once you learn to quit, it becomes a habit.

[Vince Lombardi](#)

The harder you work, the harder it is to surrender.

[-- Vince Lombardi](#)

"I have brought you to the ring, now you must dance."

[Robert the Bruce](#)

If you are going to be a champion, you must be willing to pay a greater price.

[-- Bud Wilkinson](#)

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.

[Vince Lombardi](#)

The only thing you deserve is what you earn.

[Tom Brands](#)

Once you've wrestled, everything else in life is easy.

[Dan Gable](#)

"I have brought you to the ring, now you must dance."

[Robert the Bruce](#)

Practice does not make perfect. Only perfect practice makes perfect.

[Vince Lombardi](#)

Special Thanks to our Plaque Donors

GOLD

Fairfield Police Athletic League
Parrish/Aquila Family
The Siconolfi Family 2006
Richard Cellar/Steve Pease
The Delaney Family
The Neamonitis Family
The Fraser Family

SILVER

Matthew Anania 2006
Pete Masee Class of 2006
Gatins Family
Kyle Walsh & Family - 2006
Zack Wagner Captain '04/'05
The Kane Family
Nate Bass '09 and Family

BRONZE

The Barn
The Abbey Family
Curtis (09') and the Watkins Family
The Hastings Family
Tim Sotolongo 1984
Bigelow Tea
Primsky Family - 2006
The Worrilow - Weiner Family
Curtis Watkins '09 - Nanie and Grandpa
Ron and Margaret Watkins
Scinto Family
Megan and Jason Scully
The Manley Family
The Mitri Family



Fairfield Warde Wrestling “Friends of Warde Wrestling” Plaque

The Fairfield Warde Wrestling team will soon be updating the honorary dedication plaque located outside of the newly constructed Warde wrestling room. The plaque is updated annually to honor those who make donations to the Warde Wrestling Program. Past donors remain on the plaque as new donors are added each year. Past donors can donate to move their donation to the next level. Example: Bronze donors (\$100) can donate an additional \$150 this year and move to the Silver category.

This year funds donated will be used towards purchasing additional mats for the new wrestling room. These new sections will allow the mats in the room to be permanent as opposed to bringing mats down for matches. Additional funds will also be used for a second timer clock for multiple matches. The donation will be in three categories.

The categories have an Olympic theme:

- Bronze Donations of \$100 or more
- Silver Donations of \$250 or more
- Gold Donations of \$500 or more

Every plaque donor will automatically become a member of the **Warde Wrestling Fan Club**. The members of the Warde Wrestling club will get a Warde Wrestling Fan club T-Shirt, car/fridge magnet, an in-season newsletter and a schedule prior to the season emailed and mailed to your home.

Individuals wishing to donate a lesser amount can join the fan club for \$30. Fan club donations will not be included on the plaque.

I wish to join the following:

\$500 Gold Club _____ \$250 Silver Club _____ \$100 Bronze Club _____

Name as you wish it to appear on the plaque _____.
(limit 40 characters including spaces)

I wish to donate \$30 to join the Warde Wrestling Fan club _____.

Name _____

Address _____ State _____

Zip _____ Phone _____ Email _____

Checks are to made out to FAIRFIELD WARDE WRESTLING and sent to:

ATTN: Jason Shaughnessy
Fairfield Warde HS
755 Melville Ave.
Fairfield CT 06825

Wrestling Lifting Program Pre season

Day 1

Cleans	3 sets	10 – 12 reps Light Weight
Barbell or Dumbbell Bench Press	4 sets	10 : 8 : 6 : 4-6 reps
Pull-ups	3 sets to failure	
Jammer	3 sets	8-10 reps per set
Tricep Extention (rope)	3 Sets	10 : 8 : 8 reps
Pull downs	3 sets	10 : 8 : 6-8 reps
Push-ups	3 sets to failure	

Day 2

Squats	3 sets	10 : 8 : 8 reps
Standing barbell shoulder Push press	3 sets	10 : 8 : 6-8 reps
Dead Lifts	3 sets	8 – 10 reps
Upright rows	3 sets	10 : 8: 6-8 reps
Leg Press	3 sets	8 – 10 reps
Lunges Alternate legs	3 sets	8 – 10 reps

Day 3

Pull-ups	3 sets to fatigue	
Dumbbell or Barbell Incline Bench Press	3 sets	10 : 8: 6-8 Reps
Shrugs	3 sets	10 reps
Straight bar curl	3 sets	8 – 10 reps
Dips	3 sets to failure	
Seated Row Cybex	3 sets	8 – 10 reps
Dumbbell curls		3 sets to Failure

Take a strong wrestler, get them tired, and they aren't as strong.

Take a quick wrestler, get them tired, and they aren't as quick.

Take a technical wrestler, get them tired, and they aren't as technical.

No matter what kind of wrestler, everyone is afraid of getting tired.

It's those who learn to perform when they're tired that find success.

- J. Robinson

In Season Weight Training

Warde Wrestling

Day 1

3 sets of 8-12

Lunges w/ dumbbells

Dead lift

Pull Downs

Seated row

Bench Press

Farmers - walk around with dumbbells palm down

Day 2

3 sets of 8-12

Dumbell Step-ups

Hack or box Squats

Pull-ups

Upright rows

Push-ups

Jammer