

Wrestlers Take it to the Mat

Pin It!

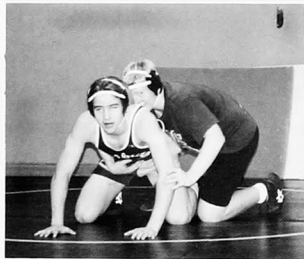
By John-Michael Holas

The Bitburg wrestling season was a great success. With a new coaching staff, the Barons had to adjust quickly to handle their tough competition. But even with a smaller team, Bitburg wrestlers placed in the top five at Regionals to advance to Central European Championships. Those who went were Damian Brown, Doug Healy, John-Michael Holas, Ben Miletic, Chris Johnson, Bill Richardson, Ricky Thomas, Jeff Schenck, and Ken Shomin.

At Champs, Bitburg finished 8th out of 30 teams and placed 5 wrestlers: Damian Brown 1st (135 lbs), Ricky Thomas 1st (140 lbs), Ben Miletic 4th (160 lbs), Chris Johnson 5th (130 lbs), and Bill Richardson 5th (215 lbs).



1995 Wrestling Team (Top Row, L-R): Coach Garcia, Damian Brown, Bill Richardson, Brian Loffelman, John-Michael Holas, Chris Miller, Sam Howard, Ben Miletic, Coach Riley. (Bottom Row): Nick Miletic, Doug Healy, Ricky Thomas, Jeff Schenck, Ken Shomin, Lanelle Pickett, Coach Lake.



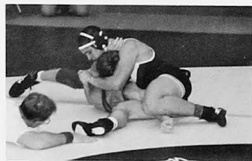
Zack Mellor looks breathless as he keeps an opponent from pinning him.



The team gathers for an after-practice shout to exercise their lungs.



Josh Brown demonstrates his strength by hoisting a struggling Zack over his shoulder.



Ben Miletic has almost got that guy down...



Patience seems to be the key to getting a good pin...and Brian looks calm enough about this match.