

# Cornell Wrestling Update

## Cornell Wins 2011 National Duals Championship

For those who have been in a coma for the past three days, I am excited to tell you that the Big Red won the national dual meet championship this past weekend. Cornell became the first team outside of the Big Ten or Big Twelve to ever win this title.



We traveled to Cedar Falls, Iowa without the services of Mike Grey or Cameron Simaz. With this in mind, I was not optimistic about our chances of bringing home the title. Despite our team's handicap, our guys wrestled heroically and I could not be more proud of how they performed. Every wrestler did his part in earning the championship; whether that meant earning bonus points or avoiding the fall. To read a more in-depth review of the competition, go to

[http://cornellbigred.com/news/2011/1/9/WREST\\_0109111031.aspx](http://cornellbigred.com/news/2011/1/9/WREST_0109111031.aspx).

Please let him know that there are people out there that care about sports other than hockey and basketball. If you advertise in the *Journal*, let them know that you are not pleased.

Why do I care so much? Is my ego really that big?

Well yes it is, but that is not why I am so rankled by this issue. Every athlete who wrestles for Cornell is expected to promote the sport within the local community. Our wrestlers are involved in countless promotional activities and community service projects in order to help make our community a better place to live, to help build a positive image for our team and to help increase our fan base. I can say without reservation that no other Cornell team works half as hard as our wrestlers do in promoting our sport. Our efforts would be much more effective if we had the support of the *Ithaca Journal*. Our athletes deserve more and I hope all of you will help.

### Pin Pool Progress

We are up to 85 pledges worth \$1,560 per fall. Since we registered two falls at the National Duals and one at the Central Michigan match we are up to \$4,680! This a great start but we still need 15 more lucky participants to get us up to our goal of 100 pledges. Don't worry; the phone-a-thon is on Thursday so I will track you down!

All the best, Rob

### THE ROAD TO THE NATIONAL DUALS TITLE

Round 1:	#1 CORNELL 27 Ohio State 6
Quarterfinals:	#1 CORNELL 18 Missouri 15
Semifinals:	#1 CORNELL 20 Minnesota 16
Finals:	#1 CORNELL 25 Virginia Tech 10

This was an incredible accomplishment for our team and I was disappointed that the local newspaper, *The Ithaca Journal*, all but ignored the achievement. We received a brief mention on Page 5, essentially deeming our performance barely worthy of note.

In the past, I have spoken to the Sports Editor directly, asking him to be more supportive. I have gone so far as to volunteer to write the pre and post-match stories myself because he claims to be short-handed, but unfortunately nothing has worked. I don't believe our local audience should have to go to ESPN.com or the New York Times to read about Cornell wrestling!

For this reason, I am asking all of you to help put pressure on the *Journal*. The Sports Editor's name is Brian Delaney and his email address is: [bdelaney@gannett.com](mailto:bdelaney@gannett.com).

### READ ESPN.COM'S ARTICLE ON CORNELL'S NATIONAL DUALS TITLE

Take a look at Mechelle Voepel's January 10 story titled "Cornell Big Red Wrestling Offers the Best of Both Worlds" at the following link:

[http://sports.espn.go.com/ncaa/columns/story?columnist=voepel\\_mechelle&id=6007928](http://sports.espn.go.com/ncaa/columns/story?columnist=voepel_mechelle&id=6007928)



## Hall of Distinguished Alumni, Adam Frey Fundraiser on January 30

We invite you to some very special events on January 30.

### Hall of Distinguished Wrestling Alumni

Please join us in inducting the 2011 class of Dick Vincent '59, Dr. Richard Fox '67 and John Murray '78 into the Cornell Wrestling Hall of Distinguished Wrestling Alumni before the Iowa State match on January 30<sup>th</sup>. A short social along with the induction ceremony will occur in the Kaplan Room in Bartels Hall from 11:30-1, with the presentation at halftime.

### Adam Frey Foundation Fundraiser

The Iowa State match will be the event for our annual fundraiser for the Adam Frey Foundation. I hope that you all will be able to make it back for the match in memory and honor of Adam. As in the past, we will be raising funds by accepting pledges based on how many people attend the match (.01 x 4000 fans = \$40). Last year we had pledges ranging from a penny to a dollar per attendee. You can also just pledge any set amount. To make a pledge all you have to do is let me know via email: rk45@cornell.edu

### About the Adam Frey Foundation:

[http://adamfrey.us/?page\\_id=2](http://adamfrey.us/?page_id=2)

The Adam Frey Foundation is a non-profit organization formed by Adam Frey to give comfort to and provide enjoyment for those receiving treatment for cancer.

During an aggressive bout of chemo, about a month before Adam passed away, he wrote in his blog, "Hopefully life outside of chemo and the sickness will be comfortable." The purpose of The Adam Frey Foundation is to make this hope come true for people fighting cancer.

When Adam was undergoing cancer treatments, he would visit with the other patients in the hospital. It did not matter to him if someone was nine or 90; he was going to engage them in conversation, and it was these conversations that enabled him to see a real need.

He started with bringing a hot lunch every third Wednesday to the Hillman Treatment Center in Pittsburgh. Then when Adam started going to Sloan Kettering in New York for treatments, he asked, "Mom, can you make dinner for the whole floor. Mom, when you order the groceries, get this type of Gatorade for this person and this cookie for that person." He even planned a turkey dinner one day and invited people as he walked down the hall. Adam had the means to help, and he did, no matter what he had to do. It was at this time that he decided that when he left New York, he was going to start a foundation that would help people get the food they needed, gas monies to get back and forth from the doctor's, air fare, and other necessities needed for life with cancer. His mindset was that millions of dollars are allocated to the research of cancer, but very little goes into funds that can be used for something other than needles and pins; something that can put a smile on people's faces.

As of today, The Adam Frey Foundation is the leading contributor to the Hillman patient assistant program where gifts cards are provided in \$100 amounts to be used for food, gas, or prescriptions. We have also organized an event for Easter where the Easter Bunny will be providing treats to the children, and gift cards to the parents at the Children's Hospital

Cancer Ward in Pittsburgh. Also, we are in the process of speaking with The Hope Lodge, and Sloan Kettering, both in New York City.

As The Foundation grows, the number of people we can help will also grow. Adam was very passionate about this work, and it is through this Foundation that not only his love of life and compassion for people can continue to spread, but his fighting spirit will also live on.

Thank you for your time and thoughtfulness in considering the Adam Frey Foundation.

Cynthia L. Frey  
President

## Cornell Remains Unanimous #1 in January 11th Poll

Rank	School	Total	Previous
1	Cornell	275	1
2	Penn State	264	T2
3	Wisconsin	247	4
4	Virginia Tech	245	12
5	Minnesota	228	5
6	Oklahoma State	217	T2
7	Missouri	204	13
8	Boise State	196	6
9	Oklahoma	187	8
10	Iowa	185	7
11	Michigan	153	15
12	Lehigh	147	9
13	Iowa State	124	14
14	Oregon State	118	11
15	Illinois	110	10
16	Nebraska	102	16
17	Kent State	98	23
18	Rutgers	91	19
19	American	84	22
20	Central Michigan	70	17
21	Purdue	65	18
22	Northwestern	60	21
23	Pittsburgh	50	20
24	Wyoming	22	NR
25	Hofstra	11	NR