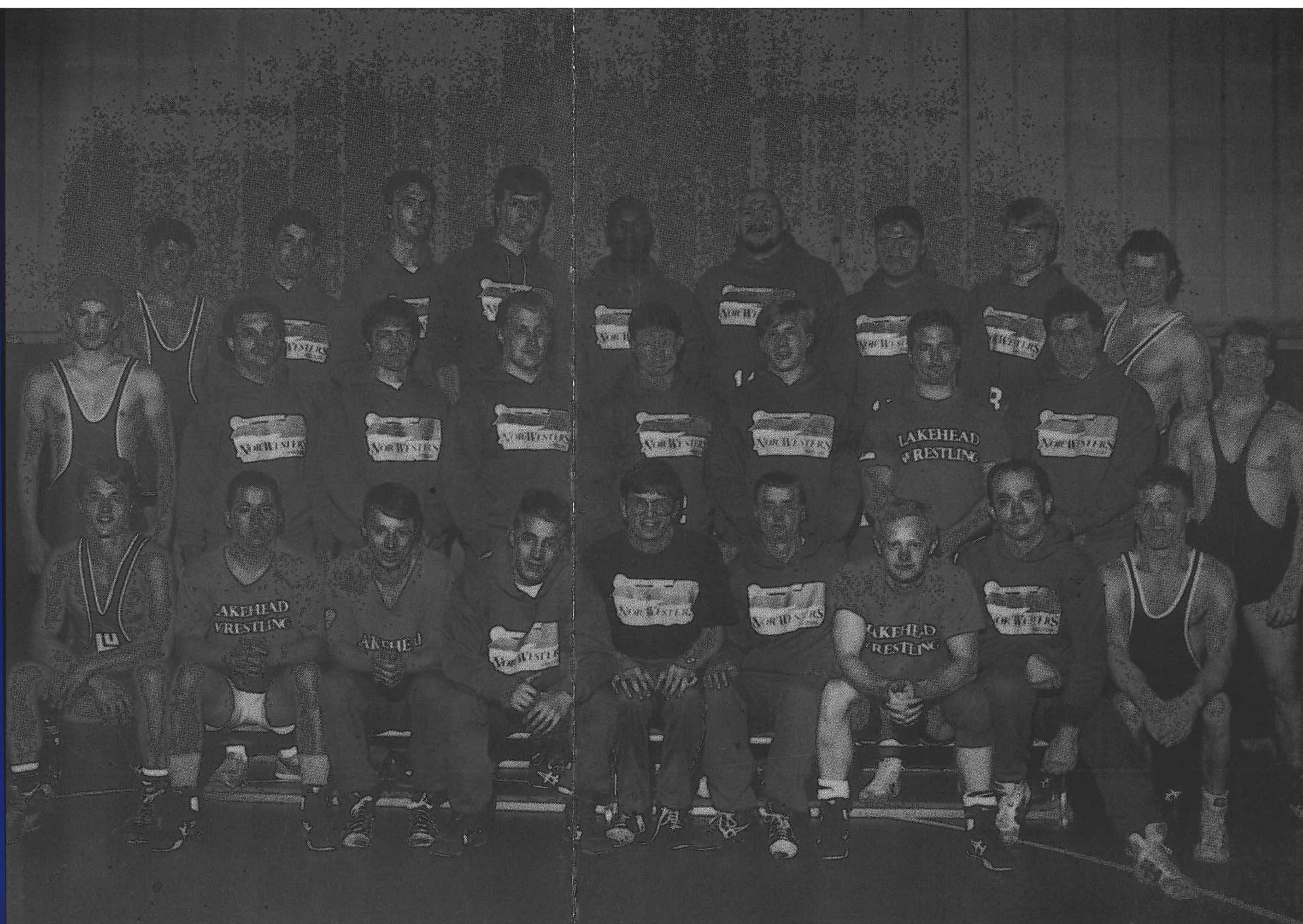


L A K E H E A D



L-R: Top Row: Oscar Burnell, Cam McLeod, Greg White, Jason Moore, Kevin Wallen, Scott Pepper, Lee Pine, Calum Thomson, Jim Gowanlock
Middle Row: Simon Lampi, Don Sawchuk, Troy Hicks, John Burke, Mark Bottineau, Mike Kitchen, Brock Lambert, Ron Wilson, Wayland Pulkkinen,
Bottom Row: Torben Jensen, Craig Hardy, Quinton Maechtcl, Sheldon Muir, Francis Clayton (coach), Mike Danielson, Eddie Zinger, Lance Hill, James Blair.

WRESTLING AT LAKEHEAD

Over the past eight seasons Lakehead University's wrestling program has developed into one of the top programs in Canada. Through the efforts of coach Francis Clayton, Thunder Bay and Lakehead University has been designated as a Regional Development Centre for the sport of wrestling by the Canadian Amateur Wrestling Association.

In addition to the Development Centre, a significant contribution has been made the development of the wrestler with the creation of the Academic Success Program. Only in it's second year measurable improvement have already been realized by the majority of our wrestlers.

But the Academic Success Programs and the Regional Development Centre does not mean a whole lot if you don't have the athletes. And that is one thing we do have a lot of. There are thirty wrestlers spread over the ten weight divisions that make up this years varsity team, fourteen returning, and sixteen first years. From the group of returning wrestlers from last years team ten took part in either extended or year round wrestling training programs over the summer months. It is through this type of training that has brought the most benefits to the individual athlete and consequently to the team.

THE 1992/93 LAKEHEAD NOR'WESTERS VARSITY WRESTLERS

WRESTLER	WT.	HOMETOWN	COURSE	YEAR
Mike Danielson	52 Kg	Thunder Bay, Ont.	Mech. Eng	1st
Sheldon Muir	57	Thunder Bay, Ont.	Arts	2nd
Craig Hardy	61	Thunder Bay, Ont.	Education	3rd
Quinton Maechtcl	61	Minesing, Ont.	Geography	2nd
Troy Hicks	61	Moncton, N.B.	Forestry	1st
Dan Chartres	61	Thunder Bay, Ont.	Math	1st
James Blair	61	Omeme, Ont.	History	1st
Ed Zinger	65	Coniston, Ont.	Education	5th
Wayland Pulkkinen	65	Waterloo, Ont.	Masters	5th
Ray Gowlett	65	Echo Bay, Ont.	Education	1st
Mike Kitchen	68	Orillia, Ont.	Sociology	3rd
Torben Jensen	68	Milton, Ont.	Phys. Ed.	1st
Mark Bottineau	68	Midland, Ont.	Business	1st
Kevin Wallen	72	Brampton, Ont.	Arts	2nd
Simon Lampi	72	Whitefish, Ont.	Phys. Ed.	3rd
John Burke	76	Sarnia, Ont.	Pol. Sci.	2nd
Lance Hill	76	Toronto, Ont.	History	2nd
Chris Chopik	76	Toronto, Ont.	Biology	1st
Don Sawchuk	76	Kitchener, Ont.	Education	1st
Oscar Burnell	76	Emo, Ont.	Mech. Eng	1st
Brock Lambert	76	Thunder Bay, Ont.	Phys. Ed.	3rd
Jim Gowanlock	82	Thunder Bay, Ont.	Education	5th
Ron Wilson	82	Smith Falls, Ont.	Phys. Ed.	3rd
Callum Thomson	82	Thunder Bay, Ont.	Business	1st
Greg White	82	Sarnia, Ont.	Sociology	1st
Lee Pine	90	Echo Bay, Ont.	Arts	2nd
Jason Moore	HWT	Toronto, Ont.	Business	1st
Cam McLeod	HWT	Orillia, Ont.	Civil Eng	1st
Scott Pepper	HWT	Smith Falls, Ont.	Geography	2nd

Head Coach - Francis Clayton

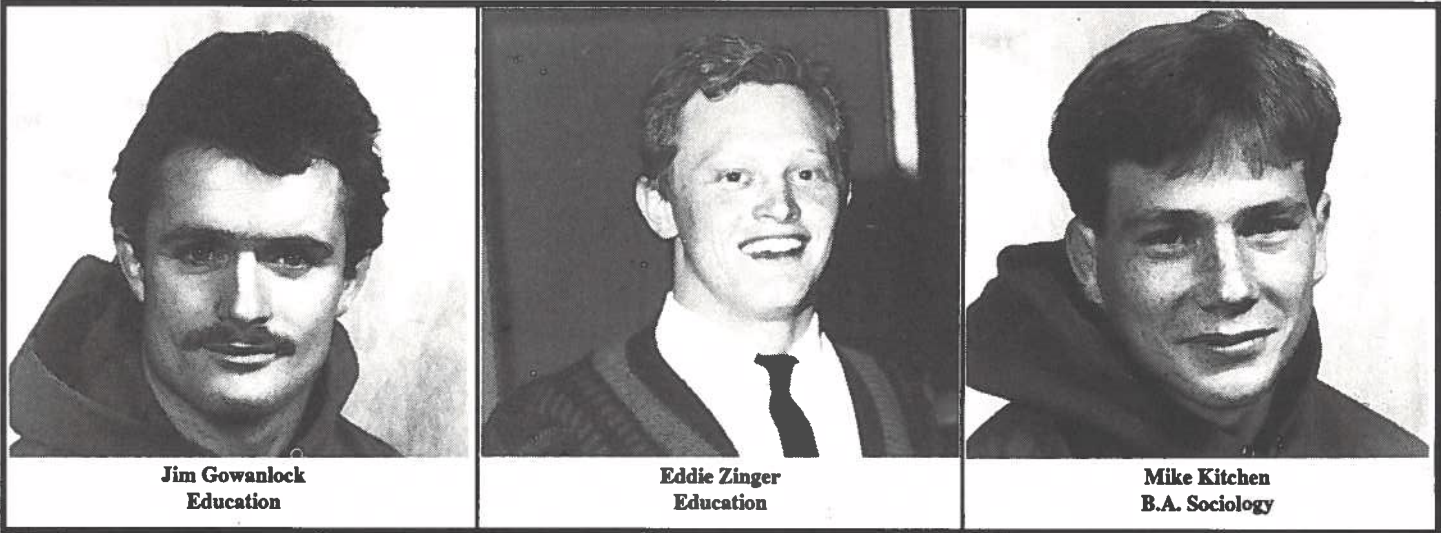


ACADEMIC SUCCESS PROGRAM

The Academic Success Program started in 1991 when coaches Francis Clayton and Claude Lapre teamed up with Ian Cull, LU's Career and Counselling Coordinator. This Program is designed to increase the academic performance of the varsity athlete. By providing the athlete with Study Skills, Time Management Skills, and Career Planning, we hope to assist the athlete in having the best possible experience while in our program.

The program has four components. First is the assessment of Study Skills and Career Interests. Second is Study and Time Management Skills building. Third is Career Planning. And fourth is a series of four scheduled meetings with the Program Coordinator, Ian Cull.

GRADUATING WRESTLERS



1992.93 NOR'WESTER WRESTLING SCHEDULE

Oct. 30	Regina Dual	Regina, Sask.	5:00 p.m.
Oct. 31	Molson Open	Regina, Sask.	9 to 5:00 p.m.
Nov. 14	Brock Invite	St. Catharines	11 to 4:00 p.m.
Nov. 28	LU vs. UWO Dual	Lakehead U.	4:00 p.m.
Dec. 19	Lake Sup. State	S. Ste. Mich.	7:00 p.m.
Dec. 20	Training Session	S. Ste. Mich	T.B.A.
Jan. 08	LU vs. MAC Dual	Lakehead U.	7:00 p.m.
Jan. 09	Garvie Memorial	Lakehead U.	9 to 4:00 p.m.
Jan. 17	Queen's Open	Kingston, Ont.	9 to 5:00 p.m.
Jan. 31	Ont. Espiors	London, Ont.	9 to 5:00 p.m.
Jan. 30	Manitoba Open	Winnipeg, Man.	9 to 4:00 p.m.
Feb. 13/14	OUAA Finals	Guelph, Ont.	
Feb. 26/27	CIAU Finals	Winnipeg, Man.	