

# WRESTLING TEAM LOOKS TO IMPROVE DIET DISCIPLINE AS IT DEFENDS TRAC CHAMPIONSHIP

by [Rich McGowan](#) | Dec 5, 2017 | [Boys Wrestling](#)



FREMONT – The Fremont Ross wrestling team enjoyed tremendous success a year ago. The Little Giants sent nine qualifiers to the district meet, three to the state level, and, as a team, snapped Clay’s five-year streak as conference champion.

But all that success doesn’t mean the Little Giants can’t do things in a better way.

Enter first-year coach Chad Hetrick, with years of experience locally coaching youth wrestling. As he takes over the Little Giant program, he and his staff are preaching that maintaining discipline in dieting will lead to more success on the mats.

“Talent is not an issue, we all know that,” Hetrick said. “The biggest thing is Sunday was allowed to be their gorge days, and they would come in 10 to 12 pounds heavy on Monday, and we’re not allowing that anymore. We’re trying to maintain them.

“If they go at 120, we want them to stay within five pounds, which would be 125, so they can be healthy and ready to go,” he added. “You get fewer injuries that way. We brought on a strength and endurance coach this year who has over 25 years of experience. So, we’re looking at having our guys strong at the end of the season when it’s going to count.”

The Little Giants, who begin their season Wednesday night at Edison, return a good crop of wrestlers with valuable experience.

Senior Lamonte Chapman (138 pounds) was second at district and advanced to the state meet, finishing the year with a 30-8 record. Junior DeShea Pettiford (29-9 record) will wrestle at 132 pounds, having qualified to state at 120 last year, and senior Garrett Barth (39-6) will wrestle at 170 once again, having won the district championship a year ago.

Charles Chapman (126), Keaton Jordan (145 last year), Shawn Newsome (220 last year), and Mike Thomas (heavyweight) also return, having qualified for the district tournament a year ago.

Though a pair of district qualifiers graduated, Jalen Cooper (152) and Hayden Abdoo (182), Hetrick believes the Little Giants have a crop of freshmen capable of rounding out some holes in the lineup, David Brada (106), Bryce Moreland (126), Evan Oglesbee (152) and Jackson Weissinger (160). Junior Caleb Wood (195 pounds) is back after a knee injury limited his season last year.

While Ross has a good crop of returning talent, making it back to the state meet will be a more difficult task for the Little Giants this year due to an influx of powerful programs such as Perrysburg, Elyria, Brecksville and St. Ignatius into the district.

“Knowing that our district switched up a little bit, it’s going to be a little harder to get guys out,” Hetrick said. “But we’re preparing now for that issue by trying to implement some things, weight training is one of them, so they can make it out and perform.”

While the district will be a challenge, so too will be repeating as TRAC champions. Clay will be gunning for Ross to take back the crown, but Hetrick believes if the Little Giants embrace the challenges the new coaching staff is throwing at them, repeating is undoubtedly a possibility.

“I would say yes, without a doubt,” Hetrick said. “That being said, you have to maintain your grades and buy into this whole five-pound deal. I’m going to stick to it and try to get rid of the weight-cutting every week, and hopefully that will help performance, and we can go from there.

“I think the kids will step up to the plate and perform at the end of the season and do their best,” he added. “Oregon Clay has some tough freshmen stepping up to the plate. It’ll be a battle this year.”

## **LITTLE GIANTS WRESTLING WITH SOLID SHOWING IN SEASON-OPENING LOSS TO NO. 2-RANKED EDISON**

by [Rich McGowan](#) | Dec 6, 2017 | [Boys Wrestling](#)

MILAN – The Fremont Ross wrestling team opened its season Wednesday night, turning in a quality performance against a quality opponent. And nearly pulled out a win in the process.

Ross battled Edison, last season's Division III state champion and currently ranked No. 2 in the state by Borofanohio.net. The Little Giants hung in close to the Chargers, winning six weight classes in a 40-29 loss.

"From the middle weights and upperclassmen, they did a nice job being aggressive and staying after it," coach Chad Hetrick said. "Our downfalls are that the first four weight classes are underclassmen. Our freshmen and sophomores in there were badly beaten. They're not being aggressive and lack of experience on the mat, that really hurt us right off the bat."

While the early weights were a struggle, the Little Giants picked up steam as the night went on.

Lamonte Chapman scored Ross' lone win by pin at 145 pounds. Charles Chapman (132) and Deshea Pettiford (138) each won by technical falls. Garrett Barth (182) won via major decision, and Jackson Weissinger (160) won by a decision, while heavyweight Mike Thomas won by forfeit.

"Charles Chapman, if he gets down to that 126 spot, he should be pretty solid there," Hetrick said. "I'm delighted with his attitude in the practice room and his aggressiveness on the mat. Same with Deshae, he's bumping up a weight class this year, to 32, and he should have a really good season.

"Of course, Lamonte, just trying to keep him on the right page as far as mental preparation for meets, when we get into these tougher tournaments. Those there, I really think have a bright future – not to leave out Garrett Barth or Caleb Wood."

How close were the Little Giants to defeating state champion Edison? Caleb Wood lost his bout by a 5-4 decision, despite little practice time before the match. Had he won by a pin, Ross would have won the meet by a point.

"Unfortunately, Caleb Wood was out about five days, so he had a little lack of mat time," Hetrick said. "I think if we had him on the mat sooner, I think he pulls off a win last night. But we'll get him on the mat this week, and he'll be back for a pretty solid season, also."

The Ross wrestlers return to action next Wednesday at Clyde.

## **Edison 40, Fremont Ross 29**

### **Ross winners:**

132 – Charles Chapman by technical fall, 17-1

138 – Deshea Pettiford by technical fall, 16-1

145 – Lamonte Chapman by pin

160 – Jackson Weissinger by decision, 4-0

182 – Garrett Barth by major decision, 10-2

Heavyweight – Mike Thomas by default

# SENIOR WRESTLER GARRETT BARTH PICKS UP CAREER WIN NO. 100 AS LITTLE GIANTS DEFEAT CLYDE, 51-25

by Rich McGowan | Dec 13, 2017 | Boys Wrestling

CLYDE – Garrett Barth knew he was close to a milestone and had no intention of dragging it out.

Sitting on 99 career victories, the Fremont Ross senior wrestler wasted little time reaching triple digits Wednesday night.

Wrestling Clyde's Camron Crooks in the 170-pound weight class, Barth threw his opponent around the mat, overpowered him quickly, and picked up a pin in the first period of the match, attaining career win No. 100.

Though he knew he was on the verge of the milestone, Barth said he entered the match just thinking about getting the win.

"I came in wanting to win and wanted to get another pin," Barth said. "I wanted to go in there, work my moves, and get some more points on the board for our team."

That he did, Barth's pin was one of six the Little Giants collected on their way to nine victories as they defeated the Fliers, 51-25.

"I saw a lot of effort today," Barth said of his team. "A lot of pins, which was good, because we need the team points, so it was good to see them push for the pin, or at least a technical fall."

Fellow senior Lamonte Chapman, himself a winner by pin at 145 pounds on Wednesday, knows how Barth feels, having won his 100th career match last season.

"It's a sweet accomplishment," Chapman said. "He works hard. He conditions hard. He's definitely a team captain and motivates the guys."

Carter Smith (120 pounds), Deshea Pettiford (132), Jackson Weissinger (160), and Caleb Wood (195) joined Barth and Chapman as winners by pinfall Wednesday night.

Charles Chapman won by technical fall, 15-0, at 126 pounds, heavyweight Mike Thomas won by an 8-0 decision. Shutout and 106-pounder Brock Firstenberger won by forfeit to round out Ross' winners.

"They're starting to come around," Ross coach Chad Hetrick said. "I saw some aggressiveness coming in. They're coming together, finally, working together as one. I was proud to see that."

The win improves Ross to 2-0 in dual meets this season. The Little Giants return to action next Wednesday when they travel to Sandusky.

## FREMONT ROSS 51, CLYDE 25

### Ross winners

**106** – Brock Firstenberger, forfeit

**120** – Carter Smith, pin

**126** – Charles Chapman, 15-0

**132** – Deshea Pettiford, pin  
**145** – Lamonte Chapman, pin  
**160** – Jackson Weissinger, pin  
**170** – Garrett Barth, pin  
**195** – Caleb Wood, pin  
**Heavyweight** – Mike Thomas, 8-0



Garrett Barth recorded his 100th career victory against Clyde's Alex Montgomery. PHOTOS BY DOUG HISE/CORRESPONDENT

# Little Giants' Barth reaches milestone

Fremont Ross senior notches 100th victory of his career

**Staff report**  
Fremont News-Messenger  
USA TODAY NETWORK

Fremont Ross senior Garrett Barth had to wait an entire offseason.

As the time passed, Barth worked with a goal of placing at the state tournament this season in mind. He also had a milestone to take care of before anything else.

"Not being able to place at state prevented me from getting my 100th win," Barth said.

Barth reached triple digits Wednesday as the visiting Little Giants topped Clyde 51-25. He pinned Alex Montgomery in 1 minute, 32 seconds.

"Kids are starting to buy in to some of the changes," first-year Ross head coach Chad Hetrick said. "Like life lessons, there is more to wrestling than wins. Proper nutrition. Respect for others. Grades."

"Goals. Discipline. Accountability. A lot of that showed on the mat (Wednesday)."

Mike Thomas, Caleb Wood, Jackson Weisinger, Monte Chapman, Charles Chapman, Deshea Pettiford and Carter Smith also notched wins Wednesday for Ross.

"The team counted on me winning, which gave me a great mindset," Wood said.

Wood waited only 59 seconds to pounce on an opportunity against John Loparo at 195.

"I tied up to get a feel of what he



Ross' Carter Smith controls Clyde's Alex McKee in a match at Clyde.

**"All of my coaching staff have put a lot of effort into my technique. The staff has really helped."**

**Garrett Barth**  
Fremont Ross senior

liked," Wood said. "He took my shot and got two. Then I worked to get a bar-and-half. Sure enough, I got it and turned him to his back for the pin in a short time in the first period."

Smith pinned Alex McKee in 4:09 at 120, Charles Chapman earned a tech-fall over James Batesole at 126 and Deshea Pettiford pinned Jared Norman

in 1:27 at 132. Lamonte Chapman pinned Caleb Townsley in 2:13 at 145, Weisinger pinned Jeremiah Halbiesen in 1:42 at 160 and Thomas took an 8-0 major decision over Kris Mange at heavyweight.

Clyde's Rush Andrea pinned David

See BARTH, Page 2B

# Barth

Boda in 3:30 at 113, Lucas McKee beat Ryan Weaver 6-4 at 138 and Hank Webb earned a 12-3 major decision over Evan Oglesbee at 152. Christian Hummel-Meek pinned Brandon Garcia in 4:58 at 182 and Ben Seavers pinned Mark Flores in 5:25 at 220.

Hetrick has helped Barth improve his discipline and work ethic. Bryan Moreland changed the way Barth lifted and helped him get stronger.

“I had to go 182 because of the lifting over the summer,” Barth said. “My lifting and diet really set me up for my final season. All of my coaching staff have put a lot of effort into my technique. The staff has really helped.”

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## **GRAPPLERS EDGE OUT BELLEVUE THANKS TO PIN BY MIKE THOMAS IN FINAL BOUT**

by Rich McGowan | Dec 29, 2017 | Boys Wrestling

FREMONT – In its first home meet of the season, the Ross wrestling team did not disappoint the home crowd.

The Little Giants outlasted Bellevue in a tight duel, winning 39-36.

Ross started behind the eight-ball, as Bellevue won the first three matches of the night, two by pin and another by major decision.

Charles Chapman got the Little Giants on the board at 126 pounds with a 17-1 technical fall. Deshea Pettiford then made quick work of his opponent at 132 pounds, getting the pin in 1:45.

Lamonte Chapman pinned his opponent at the 2:10 mark, and Jackson Weissinger also picked up a pin at 160 in just 1:05.

Garrett Barth scored a major decision (11-0) at 170, and Caleb Wood won via injury default at 195.

Finally, with the Little Giants trailing by three points, Mike Thomas scored the night's final win by a pin over Bellevue's Alex Hayman, picking up six points at the heavyweight class and scoring the team victory for Ross.

The Wrestling Giants return to action this weekend at the Brecksville Holiday Tournament.

## **FREMONT ROSS 39, BELLEVUE 36**

106 – Jayden Mayes (BELL) pinned David Boda (FR) 2:10  
113 – Noah Alda (BELL) pinned Brock Firstenberger (FR) 1:38  
120 – Caiden Walters (BELL) Major dec. Michael Kirksey (FR) 16-3  
126 – Charles Chapman (FR) Tech- fall Jared Weider (BELL) 17-1  
132 – Deshea Pettiford (FR) pinned Dylan Wilson (BELL) 1:45  
138 – Collin Capri (BELL) major dec. Ryan Weaver (FR) 10-2  
145 – Lamonte Chapman (FR) pinned Brandon Brown (BELL) 2:10  
152 – Nick Smythe (BELL) pinned Thomas Gluth (FR) :50  
160 Jackson Weissinger (FR) pinned Braxton Berry (BELL) 1:05  
170 Garrett Barth (FR) major dec. Justin Mayes (BELL) 11-0  
182 Jose Valles (BELL) dec. Brandon Garcia (FR) 7-4  
195 – Caleb Wood (FR) injury default Aiden Nunez (BELL)  
220 – Dyaln Atkins (BELL) won by forfeit  
285 – Mike Thomas (FR) pinned Alex Hayman (BELL) 1:05

## **JV RESULTS**

120- Derrick Jones (BELL) dec. Garrett Haeusser (FR) 6-2  
126- Bryce Moreland (FR) pinned Tryston Brown (BELL) :20  
126 – Garrett Andrews (BELL) pinned Alerik Scully (FR) 3:20  
132 – Mark Janowicv (BELL:) pinned Larry Reihl (FR) 2:38  
145 – Isaac Smith (FR) pinned Xavier Walker (BELL) :38

# **WRESTLERS GAIN A VALUABLE LEARNING EXPERIENCE AT BRECKSVILLE TOURNAMENT**

by [Rich McGowan](#) | Dec 31, 2017 | [Boys Wrestling](#)

BROADVIEW HEIGHTS– Taking part in their first major tournament of the year, the Fremont Ross wrestling team learned a little bit about itself. Mostly, the Little Giants realized they have a lot of work to do.

“We just do not have the right mentality, and just not physically in shape yet,” coach Chad Hetrick said. “The kids who did place should have placed higher, I thought.

“The coaches learned a lot, and I think the wrestlers learned a lot from this tournament, and we need to pick it up in the (practice) room.”

Ross’ grapplers spent Friday and Saturday at the Brecksville Holiday Tournament, competing against nearly 50 teams from all over the country. Hetrick said the tournament gave the Little Giants a chance to see how they stacked up against elite competition.

“It’s one of the tougher tournaments,” Hetrick said. “You got state and national teams coming in from Pennsylvania, I think there was a New York team there, and Indiana. You get nationally-ranked wrestlers there, whom we ran into. It’s a tough tournament.”

The tournament took a toll on the Little Giants, forcing three of Ross’ wrestlers to pull out of the competition with injuries.

Charles Chapman (126 pounds) took a blow to the face in his third match of the tournament, resulting in a golf ball-sized knot which closed his eye, forcing him to withdraw from the tournament,

Deshea Pettiford finished eighth in the 132-pound weight class having to pull out with a shoulder injury and Lamonte Chapman (138 pounds) suffered an elbow injury, forcing him to settle for sixth in his division.

Hetrick said none of the injuries are serious and all three wrestlers should be available for Ross’ next tournament, the JC Gorman Invitational at Oregon Clay next weekend.

“Charles Chapman should have been a placer, but with that injury we had to pull him,” Hetrick said. “He could have finished third, fourth, fifth, sixth, easily, if that injury didn’t occur. I’m really pleased with how he’s coming on.

“Deshea and Lamonte are right there, we just have to get them to believe they can compete at that level.”

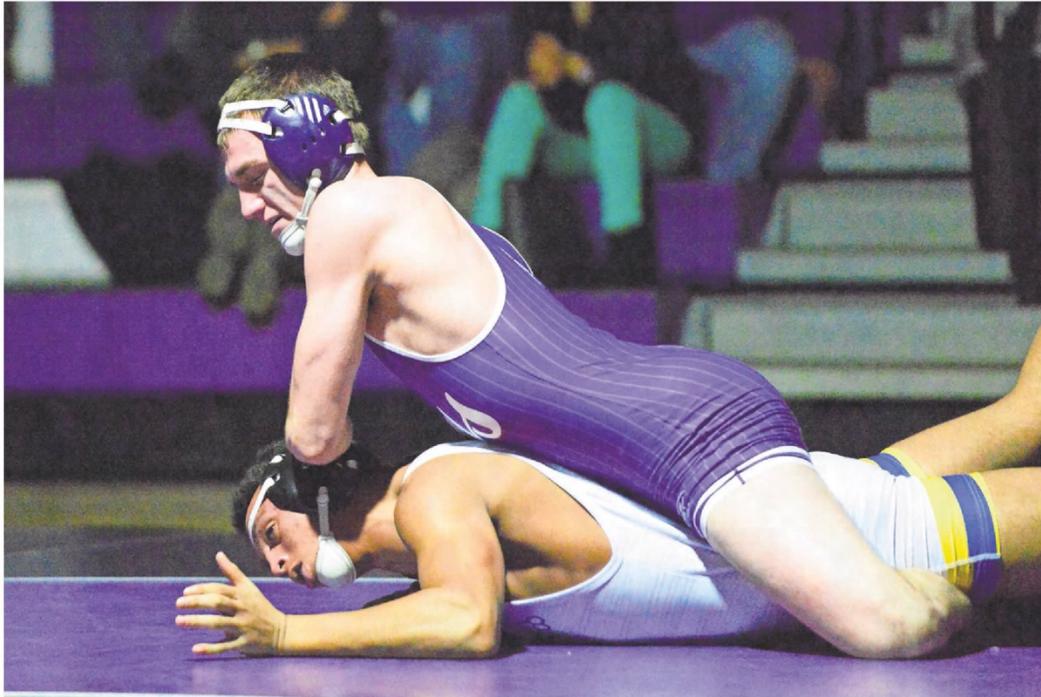
Jackson Weissinger (160) won his first two matches of the weekend by pin before losing his next two matches.

Garrett Barth (170) and Caleb Wood (195) both finished seventh in their respective weight classes, each having won five matches in the tournament.

Carter Smith (120 pounds) and Mike Thomas (heavyweight) rounded out Ross’ participation in the tournament.

Hetrick said he’s optimistic the areas his wrestlers need to work on can be improved over the course of the next couple weeks.

“Definitely. This is basically to find out where the kids are and see what we have to work on as a team and individually also,” Hetrick said. “The majority of the things can be fixed, we just have to put a lot of hard work in the practice room to get them ready to go.”



Garrett Barth earned a 7-1 decision Thursday at 170 pounds for Fremont Ross. PHOTOS BY MOLLY CORFMAN/THE NEWS-MESSENGER

# Ross takes down Findlay

## Chapman, Barth victorious in their final home matches

**From Staff Reports**  
Fremont News-Messenger  
USA TODAY NETWORK

### Wrestling

**Fremont Ross 42, Findlay 24**  
Lamonte Chapman (145 pounds) and Garrett Barth (170) notched wins in their final home matches Thursday for Ross in the Three Rivers Athletic Conference.

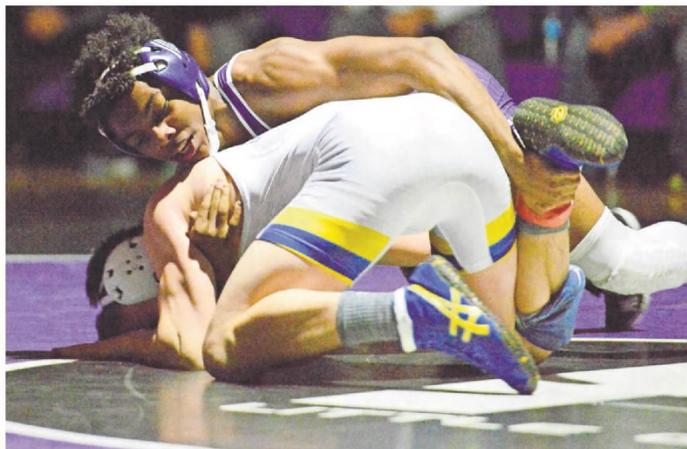
Barth won 7-1 and Chapman 6-0. Caleb Wood (195) notched a pin in 5:28, Deshea Pettiford (132) earned a 21-6 tech fall and Charles Chapman (126) took a major decision 12-1 for the Little Giants.

Brock Firstenberger (113) won 10-8, Jackson Weissinger (160) 7-6 and Mike Thomas (285) 4-1 for Ross.

"Proud of the kids," Little Giants coach Chad Hetrick said. "When they want something, they can come together as one and make it happen. Still have a lot of stuff to work on before team state duals and league.

"I want to thank every coach on staff for their hard work trying to get these kids to the next level."

### Boys Basketball



Lamonte Chapman of Fremont Ross earned a 6-0 decision at 145 pounds.

**"Proud of the kids. When they want something, they can come together as one and make it happen."**

**Chad Hetrick**  
Fremont Ross wrestling coach

