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The Rabena Family & Terra Firma Builders, LLC want to congratulate Andrew and Mikey Rabena on a great wrestling season.

# *Thank You*

Media Youth Wrestling is grateful and appreciative to the many parents, friends and family members who have helped us put together this tournament, the Sixteenth Annual Wrangletown Classic. In particular, we want to take this opportunity to recognize several groups of people:

The Rose Tree Media School District Much thanks to James Wigo, Sr., Superintendent; Ralph Harrison, Principal of Penncrest High School; Charles Olinger, Athletic Director of Penncrest High School; Grace Eves, RTM School District Business Manager; Armando Ragni, PHS Custodian Manager; Jeffrey Koenig, President of the RTM School Board and all his School Board colleagues; Will Harmon, Penncrest Wrestling Head Coach; and all the people on the school staff who helped us make the best use of these great facilities.

Our Intercounty Wrestling League Much thanks for bringing your wrestlers to our tournament. Special thanks Brian Martz for his assistance with the Trackwrestling.

The Penncrest High School Wrestling Team As our literal and figurative big brothers, we appreciate so many of you volunteering your assistance with the tournament.

Our Ad Book Sponsors Please note and PATRONIZE our ad book sponsors. Their support is critical to the well-being of Media Youth Wrestling.

Special thanks to Terra Firma Builders (Rabena Family), GFI Landscaping (Worley Family) and DZO Mechanical (DiLuzio Family) for their generosity, Mark Kirchgasser for his amazing, award winning BBQ donation and Amoroso's Baking Company for its roll donation!



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## HISTORY OF MEDIA YOUTH WRESTLING

Media Youth Wrestling was founded in 1997. Lee Sitkowski, then Penncrest Wrestling Head Coach, worked with Penncrest Assistant Coach Ron Frank and active wrestling booster Roy Bell to recruit volunteers and conduct our first youth wrestling clinics. They saw that the success of the High School program had its foundation in the youth program. Today most of the PHS varsity wrestling team is comprised of former MYW wrestlers. One of their first recruits was Hank Ternove, an active local resident who saw the need to establish Media Youth Wrestling in the community. He worked with local officials, school district representatives, and anyone with an interest to formalize the group as a sustainable youth program. "Big Hank" still appears at club events, and our Most Valuable Wrestler award is named the Ternove Trophy in his honor. Some of the early coaches and leaders of Media Youth Wrestling were John Best, Dave Clifton, John Pantle, Ray Resnick, John Westby, Tom Muir, Bob Arbaugh, and John Guy. From the outset, the emphasis has been on sportsmanship and fun, and those goals have kept Media Youth Wrestling a strong and enthusiastic group. The first practice room for Media Youth Wrestling was located in a detached utility building behind Penncrest High School. It was a sweat oven, where the padded walls fell down and there were no bathrooms or decent water fountains. It was the perfect place to start a wrestling tradition.

Now the club is hitting its second generation of leadership, having graduated many of these founding parents and wrestlers to the next level. Rebuilding is a normal part of any volunteer organization. A new coaching staff comprised of some familiar names and some new bloods now lead the program. Ron Frank and Sean Orr lead our more experienced wrestlers and in the 2018 season Coach Frank's sons, Ronnie and Liam Frank, MYW alumni, joined the novice room coaching staff. In recent seasons, the coaching staff also included MYW alumni Bear (Steve) Resnick and Joe Gartland. 2018 saw the club successfully host its 16th annual Wrangletown Classic Tournament and while preparing for its second King of the Jungle Tournament, which will feature the first ever girl's division in a MYW tournament. We would like to thank all the wrestlers, parents, volunteers, coaches and sponsors that have made Media Youth Wrestling one of the most highly regarded clubs in Eastern Pennsylvania.

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## **Media Youth Rugby Proudly Supports Wrangletown.**

Good luck to all of the wrestlers participating today!

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**PA STATE CHAMPIONS**  
**2017 (18u, 15u), 2015 (13u), 2013 (13u)**



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**PLAY YOUTH RUGBY... No experience necessary!**

**Spring season, March to May.      Age Levels: 18u, 15u, 13u.**

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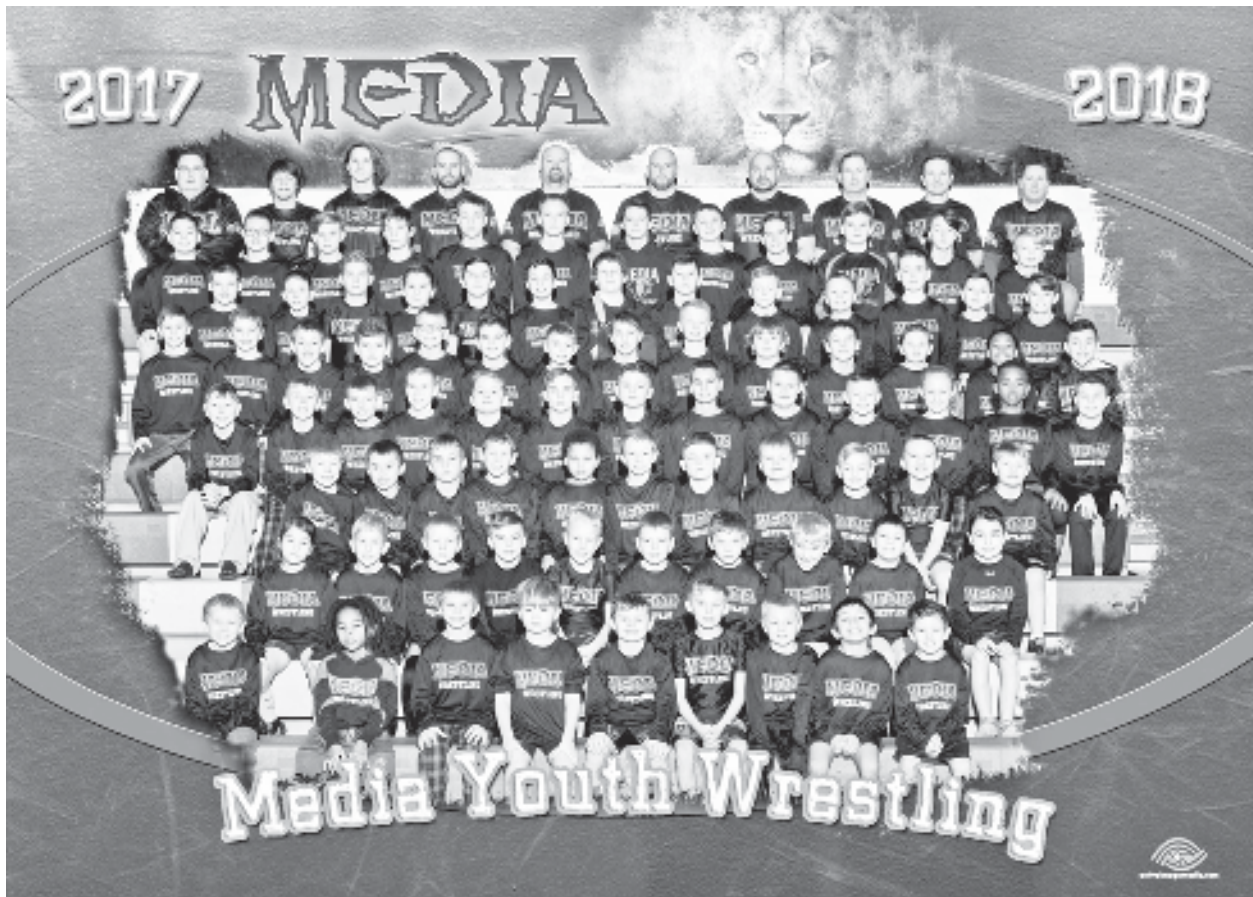
There is a position for every type of athlete and **everyone** touches the ball.

Last season we fielded players from the following school districts:

Conestoga, Garnet Valley, Great Valley, Haverford, Interboro, Kingsway (NJ), Marple Newtown, Penncrest, Radnor, Ridley, Ridley, Springfield, Strath Haven & Upper Darby

Contact us at: [www.mediarugby.com](http://www.mediarugby.com)

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## *Media Lions Youth Wrestling Program*

### **2017-2018 ICWL Roster**

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Media Youth Wrestling is part of the Inter-County Wrestling League (ICWL), whose main objective is to promote youth wrestling in Delaware, Montgomery, and Chester counties. The following Teams make up the ICWL for the 2017-2018 season:

**AB** Abington  
**AP** Academy Park  
**AST** Aston  
**AV** Avon Grove  
**BEN** Bensalem  
**BOY** Boyertown  
**BYC** Brandywine  
**CBR** Central Bucks  
**CHI** Chichester (Team Chaos)  
**CON** Conestoga  
**CV** Coatesville  
**CR** Council Rock  
**DOW** Downingtown  
**DH** Drexel Hill  
**GN** Greater Norristown

**GV** Great Valley  
**HAV** Haverford  
**HH** Hatboro Horsham  
**INT** Interboro  
**KEN** Kennett Square  
**LM** Lower Merion  
**MED** Media  
**MET** Methacton  
**MN** Marple Newtown  
**NESH** Neshaminy  
**NOR** Norchester  
**NP** North Penn  
**OCT** Octorara  
**OX** Oxford  
**PR** Pennridge  
**PB** Pennsbury

**PG** Pottsgrove  
**PT** Pottstown  
**PV** Pekiomen Valley  
**PX** Phoenixville  
**RID** Ridley  
**SOU** Soudertown  
**SAA** Springfield  
**SF** Spring-Ford  
**SH** Strath Haven  
**UD** Upper Dublin  
**UM** Upper Merion  
**UP** Upper Perk  
**UMO** Upper Moreland  
**WC** West Chester  
**WIL** Wilmington (DE)

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**Brandon and Jacob,**

**Never give up.**

**Never stop working.**

**Never stop fighting.**

**We believe in you both and are so proud!**

**Love,**

**Mom & Dad**

---

**Good Luck**  
**Stosh, Lukas & Cordy**  
**We're very proud of you!**  
**Love – Mom & Dad**





# Aston-Middletown Little League

would like to wish all our  
young wrestlers good luck today.....  
be they Lions or Bandits!



Registration for the spring season is  
now open at:

*[www.amlbaseball.com](http://www.amlbaseball.com)*

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The Media Youth Wrestling family  
would like to thank Andy and Linda Mariani  
of the Oaks Ballroom  
for their generosity and neverending support  
of our program.

***You're the best!!***

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**Wishing all Media Wrestlers a safe and successful season.**

**Reminder: There's still time to register for Media Little League.**



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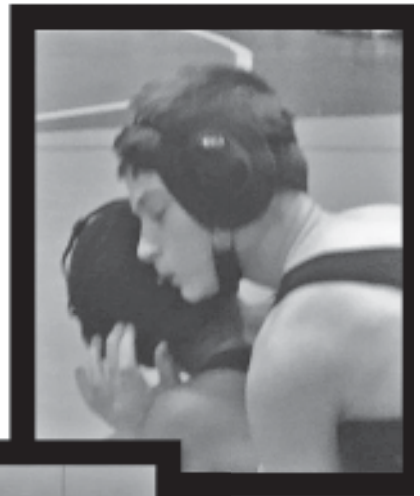
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# PRIDE! PRIDE!

## LION'S PRIDE!



**Ben**



**Zach**



**Nick**



It's not whether you get  
Knocked down,  
It's whether you get  
UP!

Keep Fighting,  
Farabaughs!

Love, Mom, Dad, and  
Jake

---



**WORK HARD. STAY HUMBLE.**

**GO TEAM RED!**





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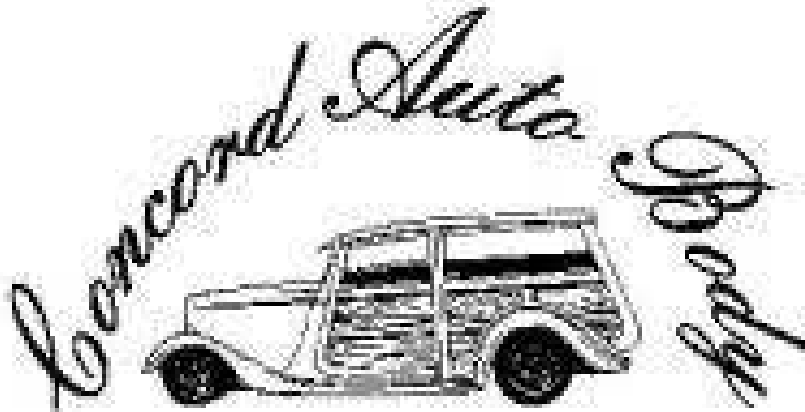
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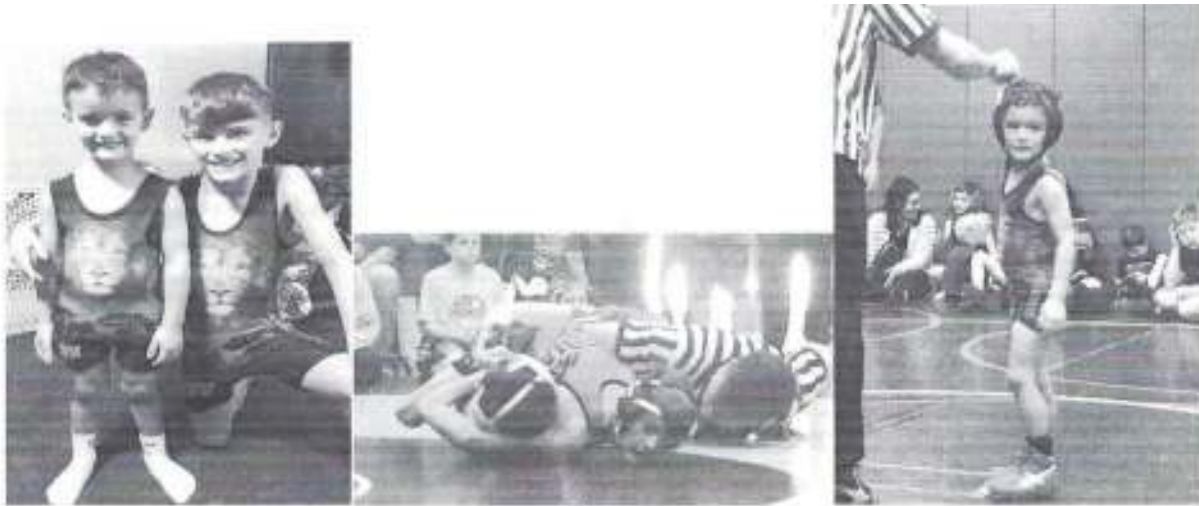
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We are proud of you Keagan and Colton! Keep wrestling hard and always do your best!

Love, Mom and Dad (Frank)

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## Media Wrestlers

## Good Luck at Wrangletown!

**Especially**  
**Chase McCauley!**  
**Wrestle hard!**



Love: Grandpop Larry & Grandma J

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*KEEP  
GETTING  
YOUR HAND  
RAISED  
JACK JONES!!*

*GO LIONS!!*

*LOVE LUCY, MOMMY  
AND DADDY*

---



*Jack,*  
*Take pride in how*  
*Far you have come.*  
*Have faith in how*  
*Far you can go.*  
*Love,*  
*Mom, Dad, and Riley*



## GOOD LUCK TO OUR BOYS

Noah at  
Wrangletown!

Christian at PJW Area  
Qualifier!

Love,  
Mom and Dad

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Joseph and Will,

We are so proud of you both...you are the most Amazing, Strong and  
Brave boys we know!

Love your #1 Fans,

Mommy, Daddy and Timothy

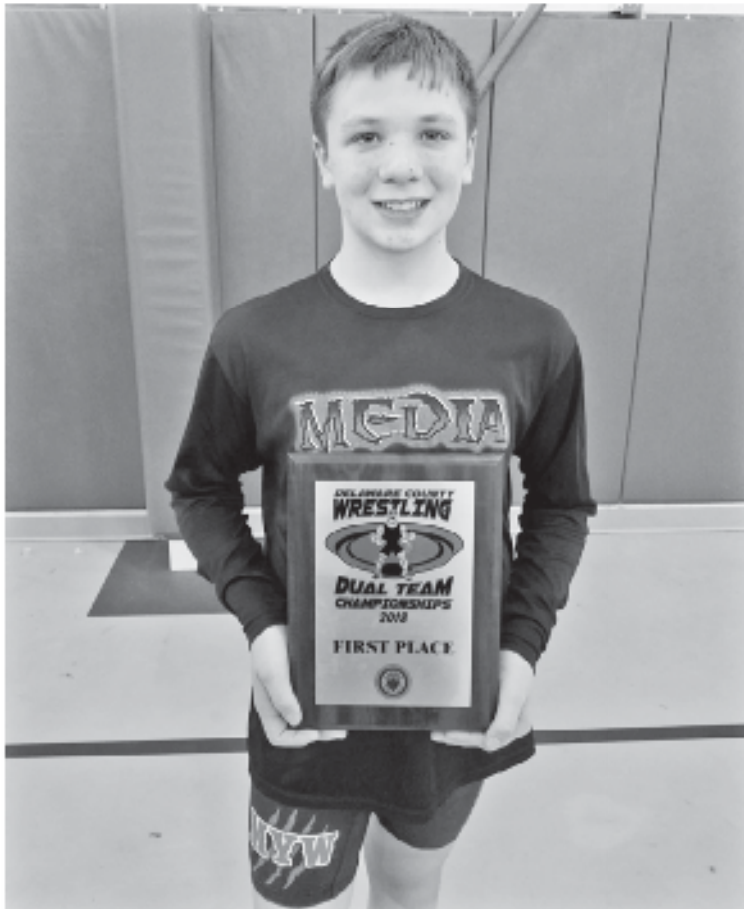
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Michael,

So proud of all your hard work and  
determination! Go MYW!

Love, mom



"How you train  
today determines  
how you perform  
tomorrow"

Liam Stauffer,

you've had a great year.  
Keep working hard for the  
wins tomorrow.

Love,

Dad, Mom, Emma and Abi.

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Max,

We love watching you wrestle and grow as a person and an athlete. We love seeing your poise, your drive and tenacity on the mat. You practice so hard and have grown so strong. You make us so proud of you!! Keep up the good work and never give up!!

We're your #1 fans!

Love, Mom, Dad and Charlie



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Ben and Chase,

Congratulations on your outstanding seasons! We're proud of your hard work and effort. Good luck the rest of the season!

Love,  
Dad, Mom and Ansley



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Success is not final, failure is not fatal;  
it is the courage to continue that counts!  
Shane Steinmetz-you make us proud,  
on and off the mat.

**Love, Mom, Dad & Jacob**

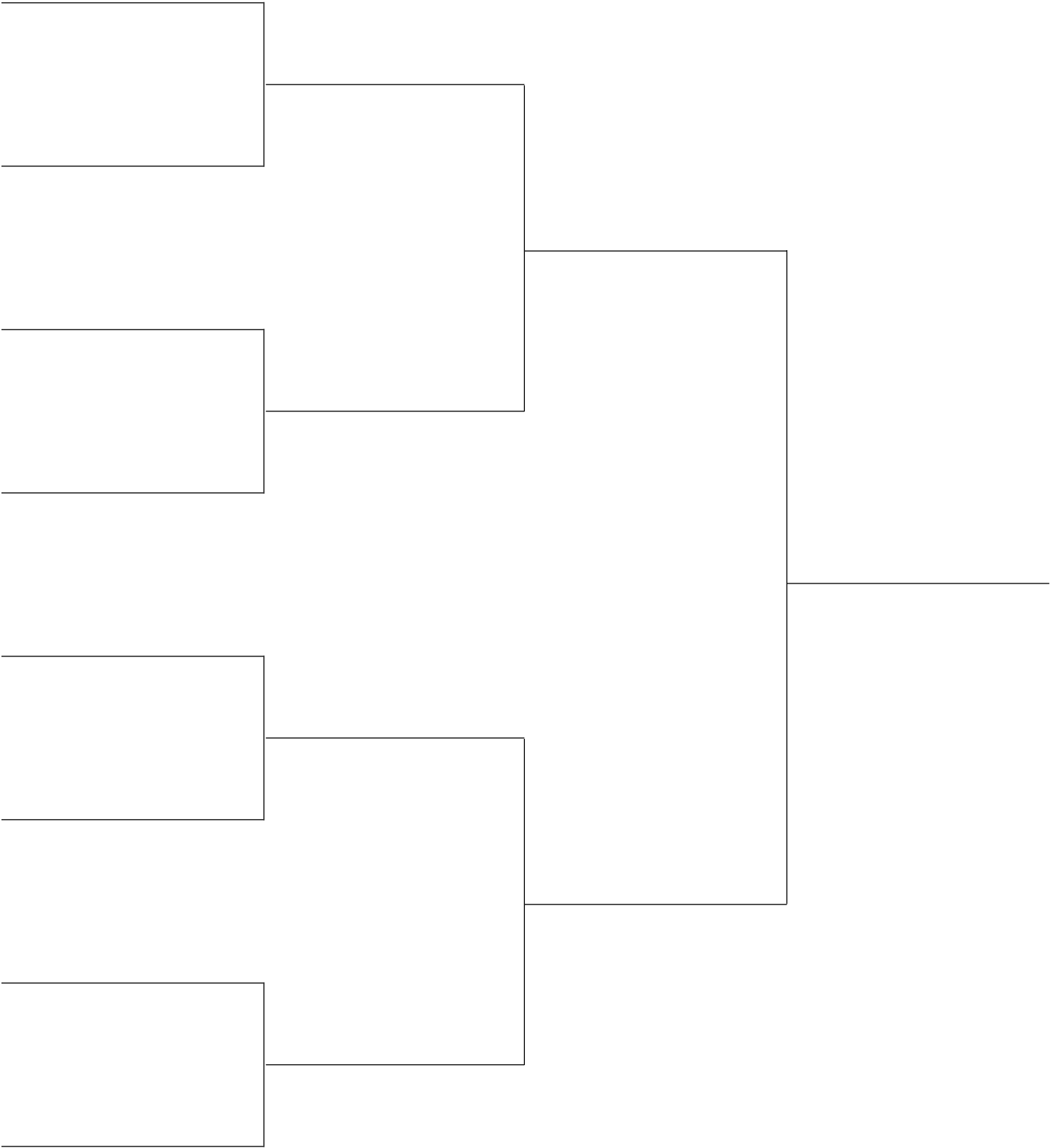


**Congratulations to our son Evan!**

We are so proud of you. Win or lose, your effort has inspired us all.  
Keep up the hard work and learn all you can about yourself along  
the way. We love you!!!

Love Dad/Coach, Mom, and Big Sister Avery







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