



**Lake Park  
Wrestling**  
presents

# **Senior Night**

January 28th, 2005

Honoring the  
Class of 2005



## Program Index

Seniors.....	1
Mike Amato .....	2
Salvatore Cirrincione .....	3
Brian Duffey .....	4
Basar Malak .....	5
Walter Stroder .....	6
John Vitols .....	7
Amanda Elliott .....	8
Kara Kooken .....	9
Memorable Moments .....	Back



# Congratulations to the Class of 2005

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Mike Amato  
Salvatore Cirrincione  
Brian Duffey  
Basar Malak  
Walter Stroder  
John Vitols  
Amanda Elliott  
Kara Kooken





## Mike Amato

125 lbs.

Parents: Mike and Dale

### CAREER RECORDS

#### **2001-02**

Freshman Record: 16-6

JV Record: 5-2

#### **2002-03**

JV Record: 20-1

JV U8 Conference Champ

Varsity Record: 6-4

Varsity Letter Winner

#### **2003-04**

Varsity Record: 31-7

U8 Conference 2<sup>nd</sup>

Regional Champ

Sectional Champ

State Qualifier

Most Outstanding Wrestler

Team Captain

#### **2004-05 YTD**

Varsity Record: 26-2

Team Captain



# Salvatore Cirrincione

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160 lbs.

Parents: Sal and Sue

## CAREER RECORDS

### **2001-02**

Freshman Record: 6-12

### **2003-04**

Varsity Record: 11-17

Team Captain

### **2002-03**

JV Record: 20-3

JV U8 Conference 3<sup>rd</sup>

### **2004-05 YTD**

Varsity Record: 9-16

Team Captain



## Brian Duffey

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215 lbs.

Parents: George and Paula

### CAREER RECORDS

#### **2001-02**

Freshman Record: 0-5

#### **2002-03**

JV Record: 8-19

#### **2003-04**

Varsity Record: 5-19  
4<sup>th</sup> Regionals

#### **2004-05 YTD**

Varsity Record: 6-14



## Basar Malak

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152 lbs.

Mother: Hulya

### CAREER RECORDS

#### **2001-02**

Freshman Record: 8-1

JV Record: 8-3

Freshmen Conference 2<sup>nd</sup>

#### **2002-03**

Varsity Record: 15-10

V U8 Conference 3<sup>rd</sup>

Regional Champ

Sectional Qualifier

#### **2003-04**

Varsity Record: 21-11

V U8 Conference Champ

Regionals 3<sup>rd</sup>

Sectional Qualifier

#### **2004-05 YTD**

Varsity Record: 19-4

Team Captain



## Walter Stroder

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189 lbs.

Mother: Donna

### CAREER RECORDS

#### **2001-02**

Freshman Record: 0-5

#### **2003-04**

JV Record: 2-1

JV Conference 3<sup>rd</sup>

#### **2002-03**

JV Record: 7-12

#### **2004-05 YTD**

JV Record: 1-1

Varsity Record: 3-10



## John Vitols

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145 lbs.

Parents: Arnie and Laura

### CAREER RECORDS

#### **2001-02**

Freshman Record: 11-2

JV Record: 0-2

#### **2002-03**

JV Record: 17-0

JV U8 Conference Champ

Varsity Record: 11-7

Varsity Letter Winner

Frosh/Soph State 4<sup>th</sup>

#### **2003-04**

Varsity Record: 16-13

U8 Conference 5<sup>th</sup>

Regional 3<sup>rd</sup>

Sectional Qualifier

Team Captain

#### **2004-05 YTD**

Varsity Record: 10-2

Team Captain



# Amanda Elliott

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Varsity Manager  
Parents: Brian and Carie

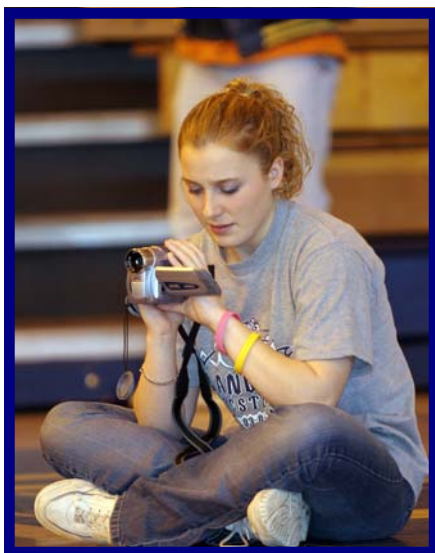
## CAREER

**2001-02**  
JV Manager

**2003-04**  
Varsity Manager

**2002-03**  
Varsity Manager

**2004-05 YTD**  
Varsity Manager



# Kara Kooken

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Varsity Manager  
Parents: Glenn and Cary

## CAREER

**2001-02**

Freshman Manager

**2003-04**

Varsity Manager

**2002-03**

JV Manager

**2004-05 YTD**

Varsity Manager

# Memorable Moments

## From the Class of 2005

### **Mike Amato**

My most memorable moment is when I won the semi-final match at sectionals against Notre Dame in 2004.

*"Lancers on 3, Loud and Proud."*

### **Basar Malak**

My most memorable moment is when I won the Regional tournament as a sophomore in 2003. It was my first varsity tournament I ever won. "

*It's not the size of the dog in the fight. It's the size of the fight in the dog."*

### **Sal Cirrincione**

My most memorable moment is the first day of practice in our new wrestling room.

*"The man who believes he can do something is probably right, so is the man who believes he can't."*

### **John Vitols**

My most memorable moment is when I won my first Varsity match at the Wheaton Warrenville South Tournament.

*"Impossible is nothing."*

### **Brian Duffey**

My most memorable moment is when I won my first match against Elgin my sophomore year.

*"It's not the size of the dog in the fight. It's the size of the fight in the dog."*

### **Wally Stroder**

My most memorable moment was my sophomore year when I won my first overtime match.

*"People of lesser ability sometimes achieve outstanding success because they don't know when to quit. Men succeed because they are determined to."*

### **Amanda Elliott**

My most memorable moment is when I made breakfast for the coaches and being dogged out by the wrestlers for not feeding them.

*"It is more painful to watch a wrestler lose and not learn anything, than it is to win and not learn anything from that loss. When in reality, it feels so much more satisfying to come back and retrieve that win."*

### **Kara Kookan**

My most memorable moment is when I slipped on the ice and hit my head on a rock, just before getting on the bus to leave for a tournament.

*"Don't feed the wrestlers!"*