



Athlete of the Week: Owego's Troy Forbes

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ATHLETE of the WEEK



Troy Forbes, Owego

* Year in school: Senior.

* Sport: Wrestling.

* Notable achievement: Owego's Troy Forbes won an individual title on Saturday at the Elmira Holiday Tournament, pinning Elmira's Mike Mann in 1 minute, 25 seconds in the finals of the 135-pound weight class. The victory was noteworthy in that the bonus team point for the pin enabled Owego to win the team title by a point over runner-up Windsor, the Indians' first Elmira Holiday Tournament team title in 32 years.

* Athlete's perspective: "Obviously it felt good getting the pin," said Forbes, a Section 4 Division 1 runner-up at 119 last season who is 9-2 this season. "At the time I didn't know that my team needed that pin to win the tournament. When I found out the pin was crucial, it meant a lot.

"I felt like I wrestled as well as I could wrestle (in the tournament). I feel good and look forward to a good year."

On competing for quite possibly the best Owego wrestling team in many years: "It's a lot more enjoyable. I have much better practice partners (Ben Warner, John Nolis, Cody Johnson) than I used to. We're winning dual meets, where before it wasn't as enjoyable."

On working to come back following offseason surgery on a torn meniscus in his knee that Forbes suffered in his first match last season. "I did a lot in

the offseason. As soon as I recovered from that I put a lot of work in. It was very tough (last year). I didn't get nearly as much practice time as I should have. I just tried to keep my head up."

* Coach's perspective: "He's worked extremely hard, especially during the spring and summer," Owego coach Bill Kitchin said. "After he lost in the sectional final (8-4 to Horseheads' Brant Page), he came back to me and said, 'I really want to win it next year.'"

On winning the Elmira Holiday Tournament: "We all thought that because Windsor had seven guys in the



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finals and we only had four, I was figuring we might lose it by one or two (points). It was a big pin by Troy. I didn't think we had enough horsepower in the finals. It's exciting. The guys maintained their composure the entire tournament."

* Opponent's perspective: "I knew it was going to be a tough match for Mike (Mann)," Elmira coach Dave Guyette said. "Troy came on the attack and finished him off. I think (Troy) can have a very good season. He looks like a very solid wrestler and he had a good season last year."

* Other sports: Golf.

* Also: Enjoys hunting and fishing, and hanging out with friends.

* Immediate goal: Win a Section 4 title.

* Long-term goal: Wrestle at the collegiate level.

-- Mike Mangan

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