

**candgnews.com** The Online Home of C & G Newspapers  
 13650 11 Mile Road | Warren, MI 48089 | Main: (586) 498-8000

Home Page | Macomb/Wayne | Oakland | Sports | Classifieds | Auto | Jobs | Dining | Real Estate | Apartments | Retail



Photo by Tracy Dreslinski  
 Madison Heights Lamphere senior Shane Dutton won the Macomb County title at 140 pounds.

## Red dawn

### MAC Red wrestlers shine in Macomb County meet

By Brad D. Bates  
 C & G Sports Writer

MADISON HEIGHTS — With seven of the top 10 teams and 13 individuals in championship matches, Macomb Area Conference Red Division grapplers were at home at the Macomb County Championships.

Anchor Bay took the team title with 194.5 points, while Roseville High placed second with 181.5. The MAC Red rivals led their eight-team league in the county showdown, which featured 34 squads Dec. 19 at Grosse Pointe North.

Roseville had the most individual champions, with sophomore 103-pounder Doug Zundel, senior 152-pounder Kevin Nash, senior 160-pounder Josh Roberts and junior 215-pounder Chris Nash taking home titles.

“You look at the results of the Macomb County finals, and you get an idea of what the MAC Red is going to look like,” Madison Heights Lamphere coach Russ McKenzie said.

“One coach used the term ‘meat grinder,’ and that’s what it’s going to be. You prepare your kids to wrestle hard, and that’s the reason you want to be in the Red — to wrestle competition like this.”

Lamphere placed sixth with 128 points at the county meet, with senior Shane Dutton taking home the title at 140 pounds and senior Ben Kinczkowski winning the title at heavyweight.

“It’s a good boost to my confidence,” said Kinczkowski, who despite weighing only 215 pounds won a county title against opponents that could weigh as much as 285.

“I thought I could try, but once I saw that I could hang with the big guys, I really started to go for it.”

Anchor Bay and Clinton Township Chippewa Valley matched Lamphere’s accomplishment of two county champs.

**Grosse Pointe Houses**  
 Grosse Pointe's Best Address Welcome to your new home  
[www.luxe-living.com/r/r.html](http://www.luxe-living.com/r/r.html)

**Mainline Plumbing**  
 24 hour emergency service Give us a call at 586-228-8009  
[www.mainline-plumbing.net/h](http://www.mainline-plumbing.net/h)

**Dr. Tony Youn of Dr 90210**  
 Board Certified Plastic Surgeon Now in Rochester, Michigan  
[www.dryoun.com](http://www.dryoun.com)

**Wedding Site Pontiac Mi**  
 Call Today For A Venue To Host Your Wedding Reception With Experience.  
[www.Century-BanquetCenter.c](http://www.Century-BanquetCenter.c)

**Detroit Office Relocation**  
 Relocating? Call Us To Ensure Your Office Relocation is a Success.  
[PreferredMoving.net](http://PreferredMoving.net)

The Big Reds placed third with 177 points and saw senior Alek Zanchetta win a championship at 112 and senior Mike Pawlitz take the top spot at 189.

“The kids still have to believe in themselves,” Chippewa Valley coach Gary Brundirks said of maintaining momentum from the county meet into the MAC Red season. “We’re pushing them, and they’re working hard.”

The Big Reds open their MAC schedule at 5 p.m. Jan. 7 at Harrison Township L’Anse Creuse in a quad meet with the host Lancers, Romeo High and Utica Ford II.

Romeo placed fourth in the Macomb County Championships with 170 points and had one champion. L’Anse Creuse was seventh overall and had a champion in senior Josh Batkins at 160 pounds, and Ford II placed 19th.

“With the teams in the MAC Red, if you have a guy or two out, you’ll lose the (dual) meet,” L’Anse Creuse coach Keith Weiand said of how close the competition will be in Red duals.

Such tightly contested duals have coaches and wrestlers aware that every point will matter in every meet.

“Our biggest thing is, we don’t give up pins,” Lamphere senior Shane Dutton said. “You give up a pin, you need to win two matches just to tie it back up.”

Lamphere opens its Red season in a quad meet at 5 p.m. Jan. 7 at home against Roseville, Romeo and Utica Stevenson, which placed eighth in the county with 111 points.

“You’ve got to make sure everyone feels they’re going to be the one,” Roseville coach Major Mickens said of getting his team ready for league duals. “You have to prepare everybody to believe the match is going to come down to them.”

“We’ve been doing a lot of wearing each other down in practice to make sure we don’t make mistakes when we’re tired,” Mickens continued. “You want to be the most prepared guy on the mat.”

*You can reach Sports Writer Brad D. Bates at [bbates@candgnews.com](mailto:bbates@candgnews.com) or at 9586) 498-1029.*



Copyright © 2008 C & G Publishing

Advertiser Times • Birmingham-Bloomfield Eagle • Eastsider • Farmington Press • Fraser-Clinton Chronicle • Grosse Pointe Times • Journal • Macomb Chronicle • Madison-Park News • Rochester Post • Royal Oak Review • St. Clair Shores Sentinel • Shelby-Utica News • Southfield Sun • Sterling Heights Sentry • Troy Times • Warren Weekly • West Bloomfield Beacon • Woodward Talk