

**Jan. 22 JoJo's Tavern/Fish4Scores.com Athlete of the Week**

## **Wroway is headed the right way for Nottingham wrestling team**

**By Ken Weingartner**

**Fish4scores.com**

**Jan. 22:** Having already exceeded his win total from a season ago, Wroway Williams has readjusted his sights to bigger goals.

As a freshman last year, Williams won 13 matches for Nottingham High's wrestling team. So far this season, he has gone 14-2 with nine pins, primarily at 195 pounds.

Last week, Williams pinned Allentown's Frank Juba, who was second at 215 in the 2011 Mercer County Tournament, and won a decision over Notre Dame's Josh Simon, who was a regional qualifier at 189 last year. Juba entered his match against Williams with a 14-4 record and no losses to any Mercer County foes while Simon came into his bout with Williams at 15-1.

For his accomplishments, Williams is the *JoJo's Tavern/Fish4scores.com Athlete of the Week* for the period ending Jan. 20.

"I thought I was going to win at least 13 matches, like last year, but as this year went on my confidence started building up and now I think the sky is the limit," Williams said. "I can't be satisfied. I'm still hungry for more. I want to get to states."

Williams was brought to wrestling by Swamprats coach Jason "The Rock" Marasco. At first Williams was only interested in the sport as a way to get better conditioned for football season.

"I wanted to get aggressive and build my confidence for playing football, but I started to realize that I loved wrestling," Williams said. "What I like is that you can't make mistakes; it's all you, one on one. It teaches you to be responsible for your mistakes."

Make no mistake about this – Williams is dedicated to wrestling now. While some wrestlers might be content to simply use their athletic prowess to win matches, Williams works endlessly on improving his technique. In addition to practicing with Marasco, Williams spent time during the summer learning from former local star Andrew Rubio, who won a district title at Steinert and later wrestled at Nottingham.

"He gave me moves I was comfortable doing and that fit my athleticism on the mat," Williams said. "That really helped me a lot. You can't go out there and just expect to beat everybody. You've got to work in practice."

Marasco said about Williams, "He is one of the hardest workers in the room. He's super coachable. I can show him something and later on in practice he's hitting it. He's making everyone else work harder too. He's pushing everybody."

Williams has wrestled mainly at 195, but three times he has wrestled at heavyweight.

"He constantly wants to challenge the better kids," Marasco said. "He doesn't care whether it's 195, 220 or heavyweight, he wants the best one. That's been helpful because not only is he wrestling them, he's beating them. He's super strong and he does not quit. He'll go against anybody."

It probably is no coincidence that Jancel Nunez is tied with Williams for the team lead in wins, with a 14-3 record, as Nunez works out with Williams and is another Rubio protégé from the summer. Williams and Nunez are just part of the Swamprats' success story this season; Nottingham is 14-2 overall and 7-1 in the Colonial Valley Conference.

"When you've got great athletes like we've got on this team, we just go out there and make each other better," Williams said. "You've got to practice hard every day, that way everybody is getting the benefit. It's a lot of fun to be part of something like."

Fun, but only because he works so hard and keeps pushing for more. By the end of the season, he could be ecstatic.