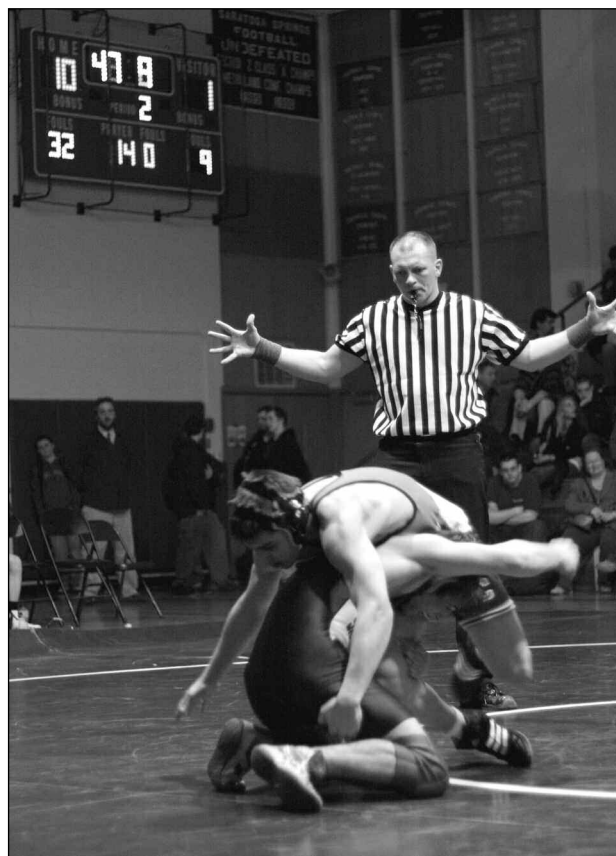


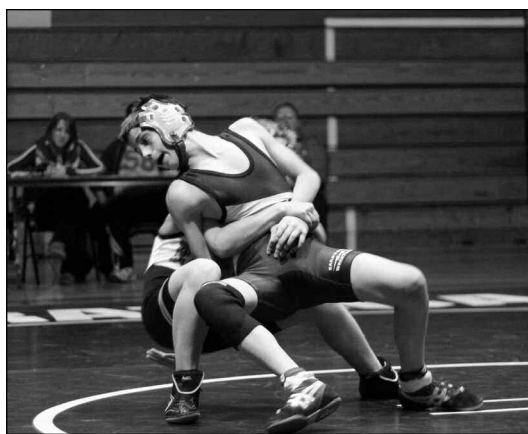
# Saratoga takes down Bethlehem



Blue Steaks defeated the Eagles winning 11 of 13 matches (and a 12th due to forfeit). The final score of Wednesday night's contest was 57-9 Saratoga.

#### Highlights included:

Everett Franco's win over Rob Williams in 34 seconds.



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## ■ Saints bowling

(Wednesday, Dec. 6)

### Mayfield at Saratoga Central Catholic

Mayfield won 3-1 scoring a total wood of 2,495 to SCC's 2,384.

NEXT week: Middleburgh will host SCC on Wednesday.

(Monday, Dec. 4)

### Saratoga Central Catholic at Canajoharie

SCC went 0-for-4, losing all games and total wood.

— Canajoharie 2,623 (total)

— Saratoga 2,238 (total)

### Top bowlers for SCC

Tim LeClaire	541 (total)
	190 (high game)
Pat Wagner	490, 179
Jeremy Furey	469, 155

### Top bowler for Canajoharie

Kariden Heringle	639, 224
Jeremy Burns	591, 213
Joe Fleit	517, 202

## Girls basketball

**Saratoga Springs** 50  
**Burnt Hills (BL)** 28

The Blue Streaks outscored the Spartans by eight points in both the

second and fourth quarter of Wednesday night's game.

Saratoga won at home and was led by Kim Shorb who scored 16. Georgina Farrow led BH-BL with 12.

## Boys hockey

**Saratoga Springs** 8  
**S. Glens Falls** 2

Many Streaks had a hand in Wednesday's 8-2 victory over the

Bulldogs. Goals were scored by Matt Kepner, David Klapp, Chris Huck (2), Cody Nizolek, Greg Jacot, Christopher Schult, James Clark.

# Willingham rises to the occasion at Vernon Downs

by Derek Constable  
Saratoga Today

**V**ERNON — Muhammad Ali once claimed he was so fast he could flick a light switch and be in bed sleeping before it got dark. Well, Wayland Willingham might not be that fast, but you can bet he'd at least be under the covers with his head on the pillow before a hint of darkness could even touch his face.

Willingham (11-0, 6 KOs), an undefeated welterweight from Albany who KO'd Damon Antoine with a tenacious right hook at the Saratoga City Center on Aug. 18, defeated Carlos Molina last Friday at Vernon Downs for his 11th career victory.

The fight went the distance and Willingham won by unanimous decision. It was a great learning experience for the fighter, who prior to fighting Molina, hadn't reached a Round 3 — let alone a Round 8 — due to knocking out his opponent.

"I started working with a strength and conditioning coach who works with some pro football players in



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Albany welterweight boxer Wayland Willingham lands a hard right to the wrist of Carlos Molina last Friday at Vernon Downs.

the Atlanta area, like Hines Ward and Jamal Lewis," Willingham said. "I was only able to work with him the three weeks prior to my fight, but I was much more effective in the later rounds because of it."

Willingham stole the first four rounds using his speed to circle Molina and make him miss. He gave out punishing blows in the third and fourth rounds that stunned Molina and helped to give him the edge through the second half of the

fight.

"Some of the other guys I fought were more athletically talented, but in terms of toughness and consistency, [Molina] came as-advertised," Willingham said. "He is the most durable fighter I've ever faced and he's got an amazing chin."

In Round 3, Willingham dropped Molina with a powerful right hook that changed the fight. For the remainder of the round Molina would flinch whenever

**"My right hook is definitely my most devastating punch, but I'm still learning and feel I have a lot of power in my left hand as well."**

Wayland Willingham  
Undefeated Albany welterweight boxer

Willingham's gloves came near.

"My right hook is definitely my most devastating punch, but I'm still learning and feel I have a lot of power in my left hand as well," Willingham said.

In Round 4, Willingham bated Molina into a corner and began to crouch while covering up both sides of his head. After eating a few punches, he laced Molina with a solid left hook and was able to in turn trap him in the corner. As the timekeeper signaled for the final 10-seconds of the round, Willingham simply took a defensive stance and won another round rather than going in for the kill.

The second half of the fight was very similar to the first. Willingham

continued to concentrate on winning rounds and easily won the favor of all three judges by a score of 77-74.

In the audience, Willingham was surprised at just how big his fan base had grown. According to him, his aunts, cousins and girlfriend were there and fans were even traveling from Saratoga Springs. Troy heavyweight Shannon Miller was there sitting front row and one of Willingham's biggest fans — former NABF Middleweight Champion Tony Marshall — even gave a ring walk between fights.

"Tony was there, he's one of my biggest supporters and he's a guy I used to emulate when I was working in the gym," Willingham said.

All of Willingham's hard work is continuing to pay off. He's moved up the ladder from six-to-eight round fights, his undefeated streak still intact, and he's one fight closer to a title shot. Remember the name, because Wayland Willingham could return to the City Center or an Albany Armory fight card one day real soon.