

Baldwin-Wallace College Junior Terence Haynes Has an Inspirational Story to Tell

By Assistant Sports Information Director Nick Miner

BEREA, OHIO -- What would possess a man that just turned 45 years of age to re-enter the world of college athletics and compete against athletes well under half his age? For Terence Haynes, the answer is simple, carpe diem, “seize the day.” In fact, it was that same answer that led Haynes down a life-changing path just under one year ago.

Only 10 months ago, Terence G. Haynes, a resident of Brunswick Hills, Ohio and 1981 graduate of Glenville High School, weighed 429 pounds. Today, the 45-year old Baldwin-Wallace College junior weighs in at a slender 255 pounds.

If losing 175 pounds in 10 months and entering college wrestling at 45 years old seems too unbelievable, one must only hear Terence speak for a couple of minutes to truly grasp how he has gotten to this point in life. And his story has drawn the interest of many, such as Cleveland TV station WOIO-19 reporter Dawn Kendrick, The Plain Dealer Associated Sports Editor David Campbell and ESPN/E:60 producer Pat Knighton. “This is a great story that we would love to tell on E:60,” said Knighton, from her desk in Bristol, Connecticut. “Terence is an inspiration to us all.”

Haynes graduated from Glenville in 1981 and was considered one of the top football prospects in the area. He was mentioned in “Who’s Who” amongst high school football players and had aspirations of playing at a high profile NCAA Division I school.

Unfortunately, the opportunity of a college scholarship never occurred for the 237-pound nose-guard and fullback that could bench-press 550 pounds. Most scouts, who never took a fair look at Haynes, considered him to be too slow. So while his brother moved on to Division I Toledo University and most of his fellow teammates went to similar high-profile spots, Haynes chose to stay local at B-W.

In 1981, Haynes enrolled at B-W and played one year on the Yellow Jacket freshman squad. However, his career was quickly put on the back-burner as he was forced to leave school to help care for his ill mother and family. Before he knew it, Haynes was out of organized sports for two decades and was heading down on a life-threatening path.

“I quit exercising like a football player should, but kept eating like one,” said Haynes, who is telling his story to help motivate others who need the same help and counseling that he has received and benefitted from.

“I didn’t know it at the time, but I was really going through a depression caused from not being able to pursue my dreams. I used food as a band-aid and fell into a pattern of just going through the motions.”

When he finally realized there was a problem, Haynes weighed over 400 pounds. He sought help at a local weight-loss center but found himself lying and manipulating the system to a point where he gained an additional 16 pounds.

“I really found that I was lying about who I really was,” noted Haynes. “That needed to change.”

After realizing that his weight loss program was headed in the wrong direction, Haynes looked elsewhere for help and met local boxer and personal trainer Paul Scianna at a local workout facility.

“I watched Paul work with others for about four months before we finally began working together,” said Haynes. “I saw that he was great at working with individual needs.”

What Haynes didn’t see was that Scianna was also keeping an eye in the same direction at Haynes. “When I first met Terence, I didn’t see a 400-pound guy,” said Scianna. “I saw an athlete with great strength, flexibility, and potential.”

The two began working together and it took only a week for Haynes to lose 10 pounds.

“Working with Paul was very intense and demanding, but it truly helped to break-up the lie I had been living over the past several years,” said Haynes. “That was a very important breakthrough for us.”

Scianna became more than just a trainer for Haynes, who used words like “therapist” and “advocate” when describing the native of New Jersey.

Once he began losing weight and setting new goals, Haynes couldn’t think of a better place to return to school than where he began – at B-W. So, he set his goals high.

“First and most important was that I wanted to finish school/ college,” said Haynes, who also is an ordained minister. “But applying online was a challenge that I had to work through. Now I had a goal, a purpose, and a story to tell. I felt like, you can love me or hate me, but you can’t deny me.”

“Then, I ran into B-W Assistant Wrestling Coach and two-time NCAA Division III All-American Bryan Kmetz of Brunswick who knew I had wrestled a bit back in junior high,” said Haynes. “Bryan is a personal trainer at the workout facility where I belong.”

“I had wrestled for two years and set the then Franklin D. Roosevelt Junior High record with a six-second pin,” continued Haynes. “Coach Kmetz asked if I was interested in wrestling because B-W needed a heavyweight. So, I talked it over with Paul and he said if I could fit it in around school, my workouts and working at Parmadale (a local facility for at-risk youth).”

“It is so exciting because I knew I can show these guys (his teammates at B-W) what real life was all about,” said Haynes with a big, wide grin on his face. “I know I bring a life-experience and that is something they can see everyday. Just that in itself is satisfying. I’m already a winner.”

“The other members of the team really enjoy Terence,” said veteran Yellow Jacket wrestling coach Rich Fleming, who is in his 43 rd season of coaching the sport. “He is really motivated and comes to practice every day on a mission to work hard and make a difference. And, he is making a difference.”

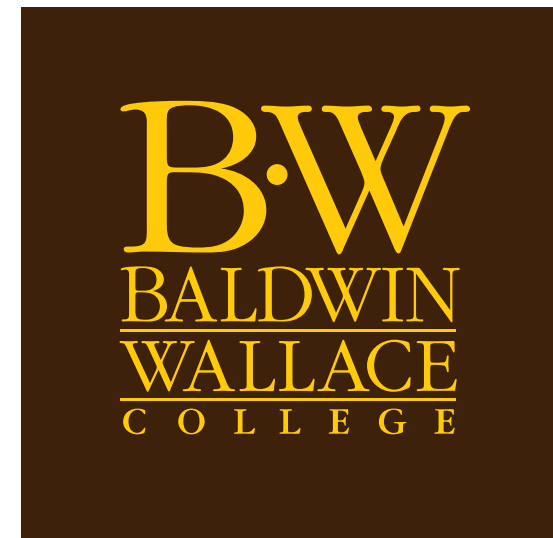
“It is both weird and funny, but after a day or two, the guys on the team already appeared like they are looking up to me,” said Haynes with another big, wide smile on his face. “They were asking me lots of questions and asking if I need anything. They look at me as being experienced, not older.”

“Terence is absolutely right,” said Fleming. “The guys on the team are motivated by what he has accomplished. He is an inspiration of what you can do if you have goals and are motivated. Heck, he inspires me too. He is an excellent addition to our wrestling program and to the College community as a whole.”

“I am hoping that what I am doing can impact someone, anyone, another person,” said Haynes. “I hope it will make them wake up and allow their past to catch their future and equal their present. Seeing someone like me accomplish my dreams with all the odds stacked against me shows them that they can do it too.”

But his goals don’t end with that first wrestling match. There is a marathon to go.... literally.

Stay tuned, because an ESPN camera crew will be in Berea all next week, including at B-W’s Jan. 13 home match versus Heidelberg College.



The Yellow Jacket Wrestling Team

Hosts

the Muskingum College Fighting Muskies



in an
**Ohio Athletic Conference
Dual Match**

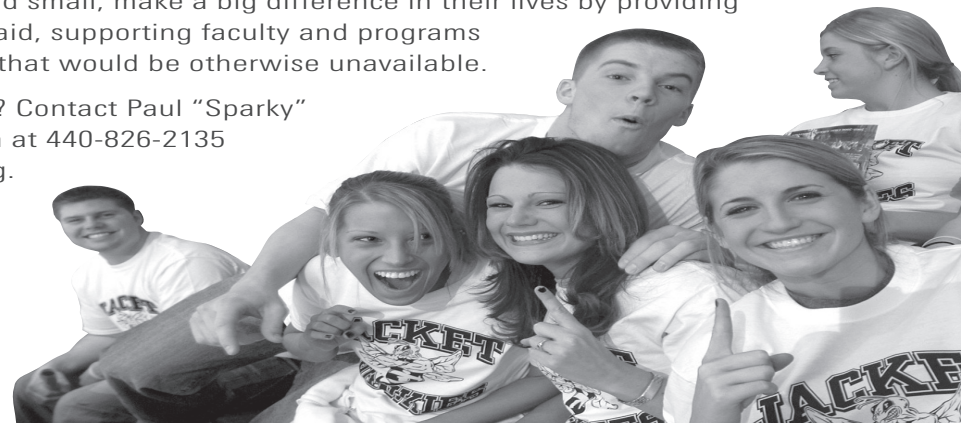
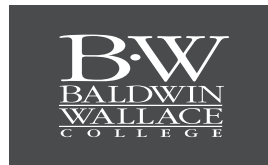
on **Tuesday, January 6, 2009**
in the **Rudolph Ursprung Gymnasium**
in the **Lou Higgins Recreation Center**
in **Berea, Ohio**
at **7:30 p.m.**



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2008-2009 Baldwin-Wallace College Yellow Jacket Wrestling Roster

NAME	YR.	WEIGHT	HOMETOWN (HIGH SCHOOL)
Michael Bandt	Fr.	174	Western Springs, Ill. (Lyons Township)
Brian Bucher ***	Sr.	133	Ottawa Hills (Avon Lake)
Cory Connell *	So.	141/149	Twinsburg
Tyler Erwin *	So.	125	Granville (Watkins Memorial)
Alex Feador	Fr.	157/165	North Olmsted
Scott Haber ***	Sr.	149	Brook Park (Parma Normandy)
Chris Hamed ***	Sr.	141	Stow (Woodridge)
Terence Haynes	Jr.	285	Brunswick Hills (Glenville)
Michael Hosta	Fr.	165	Hinckley (Medina Highland)
Joe Incorvaia ***	Sr.	157	Medina (Highland)
Korey Leonhard *	So.	174	Kinsman (Pymatuning Valley)
Tim Levitsky	Fr.	149	Parma (Senior)
Phillip Payne *	So.	133	Woodmere (Orange)
Cody Quick *	Jr.	157/165	Mt. Vernon
Mo Salem ***&	Sr.	149	Westlake
Andrew Scavuzzo *	So.	184/197	Cuyahoga Falls (Woodridge)
Eric Schubert **	Jr.	141	Oberlin
Grant Steward	Fr.	141	Columbus (Worthington Kilbourne)
Ryan Tudor	Fr.	184/197	Pataskala (Watkins Mamorial)

* -- denotes varsity letters earned; \$--denotes injured and out for the season; &--denotes out until winter semester.

HEAD COACH: Rich Fleming (21st Season)
ASSISTANT COACHES: Byran Kemetz '07 and Gino Russo '08

The Yellow Jackets Host OAC Rival Muskingum College

BEREA, OHIO -- The Baldwin-Wallace College wrestling team hosts Muskingum College tonight in the Rudolph Ursprung Gymnasium. This is the second Ohio Athletic Conference dual match for the Yellow Jackets and 13th overall this season.

Last season B-W defeated the Muskies, 39-4, at Muskingum as B-W grapplers won nine of 10 matches. Current senior 133-pounder **Brian Bucher** shut out Gavin Speakman, 17-0; current 141-pound sophomore **Cory Connell** shut out Tommy Patterson, 4-0; current senior **Scott Haber** earned a major decision in the 149-pound weight class against T.J. Brown; current senior **Joe Incorvaia** shut out Patrick Minner, 4-0; graduated All-American 165-pounder and current Assistant Coach Gino Russo defeated Ralph Gessey, 10-4; 184-pounder and current sophomore **Andrew Scavuzzo** defeated Danny Dunn, 2-0. In addition, graduated Academic All-OAC 174-pounder Jeremy Feador and graduated 285-pounder Mike Pelton pinned their opponents. Muskingum's lone win came courtesy of current sophomore Chip Halko at 125 pounds via major decision.

The Yellow Jackets enter this match with a 1-12 overall and 0-1 OAC mark and last competed in Rochester, New York on Saturday, December 6 at the Rochester Institute of Technology Tournament and placed ninth of 19 teams. Individually, **Brian Bucher** and **Andrew Scavuzzo** each placed third and had 4-1 records and **Joe Incorvaia** placed sixth with a 3-3 record.

Muskingum is 0-2 overall and 0-1 in the OAC. The Muskies last competed on Dec. 13 at the Ohio Northern University Tournament where they finished 16th of 19 teams.

After 13 dual matches and one tournament, **Bucher** leads the team with 15 victories, a 15-3 record and an impressive .833 winning percentage. He also leads the team with 20 reversals and 36 near falls. **Scavuzzo** is second with 12 wins and a 12-6 mark and first on the team with 14 takedowns. Freshman **Ryan Tudor** leads the team in escapes with 17.

Look for veteran Head Coach **Rich Fleming**, the second winningest wrestling coach in school history as he trails only Ohio Wrestling Hall of Famer and the legendary John Summa, to start sophomore **Tyler Erwin** at 125 pounds, **Bucher** at 133, junior **Eric Schubert**, freshman **Grant Steward** or sophomore **Phillip Payne** at 141 pounds, senior **Chris Hamed** or sophomore **Cory Connell** at 149 pounds, senior **Scott Haber** or freshman **Alex Feador** at 157 pounds, **Incorvaia** at 165 pounds, sophomore **Korey Leonhard** or freshman **Michael Brandt** at 174 pounds, **Scavuzzo** at 184 pounds, junior **Cody Quick** or **Tudor** at 197 pounds and 45-year-old junior **Terence Haynes** at 285 pounds.

Following tonight's match, the Yellow Jackets will be back in action on January 9-10 in Williamsport, Pennsylvania when they compete in the Lycoming (Pa.) College Budd Whitehill Duals. The next OAC matchup for the Brown & Gold comes on Tuesday, Jan. 13 against the Heidelberg Student Princes in Berea at 7:30 p.m.

The Muskingum College Fighting Muskies

NAME	YR.	WT.	HOMETOWN
Shawn Feistamel	So.	125	Solon
Josh Hershey	Fr.	133	Worthington
Chip Halko	So.	133	Grove City
Corey Byers	Fr.	141	Dayton
Tommy Patterson	So.	141	Coshocton
Luke Caracofe	Jr.	141	Hamilton
Blake Freidt	So.	149	Wellington
Kevin Hipps	So.	149	Columbus
Mike Frasure	Fr.	157	Logan
Adam Harris	So.	157	Akron
Garret Cox	So.	165	Akron
Mitch King	Fr.	165	Dresden
Ralph Geesey	Jr.	165	Montpelier
Chris Farrington	So.	174	Groveport
Nick Haddad	So.	174	Swanton
Danny Dunn	So.	184	East Liverpool
Todd Neptune	So.	184	New Concord
Robby Weisenberger	So.	197	Urbana
Anthony Pellegrino	So.	197	New Carlisle
JD Centineo	So.	285	Cleveland
Brian Barnhart	So.	285	St. Mary's, W.Va.

HEAD COACH: Joe Montgomery (Second-Year)

The NCAA Sportsmanship Motto



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Be Proud

Tonight's Match Reults

A match story and aggate results (results of each match) will be available later tonight on the Baldwin-Wallace College athletics Web site at:

www.bw.edu/athletics

For More B-W Information

FOR MORE INFORMATION on Baldwin-Wallace College athletics or student-athletes, please contact Sports Information Director Kevin Ruple either by telephone, (440) 826-2327 or 2325, or by facsimile machine at (440) 826-2329. Also e-mail at kruple@bw.edu.



For More Ohio Athletic Conference Information

FOR MORE INFORMATION on the Ohio Athletic Conference, please call Information Director Lindsay Rickel at (330) 259-9090, FAX her or Commissioner Tim Gleason at (330) 259-9091 or e-mail Lindsay at trickel@oac.org.



Yellow Jacket Athletics
can be accessed through the
Baldwin-Wallace College
sports Web site at
www.bw.edu/athletics

Yellow Jacket Winter Sports Notes

Men's Basketball Update

The B-W men's basketball team, 4-7 overall and 0-4 in the OAC, travels to Westerville tomorrow to play the Otterbein College Cardinals at 7:30 p.m. Fans can listen to the game on campus radio station WBWC, 88.3 FM, and via the Internet at www.wbwc.com. Tip-off is set for 7:30 p.m.

The Yellow Jacket men last played on Sunday, December 28, 2008 when they defeated North Central (Ill.) College, 72-67, in the championship game of the Otterbein College "O" Club Smokey Ballenger Classic. B-W also beat Thomas More (Ky.) College, 69-66, in the first round. Senior center **Andrew Bene (Hinckley/ Medina Highland)** was named tournament Most Valuable Player and senior 2-time Academic All-OAC guard **Dennis Santiago (Brook Park/Midpark)** was selected to the all-tournament team. The all-tourney team pick by **Bene** marked the third straight all-tourney team selection this season. **Bene** scored 39 points, grabbed 23 rebounds and made 14-of-19 shots from the floor in the two games. **Santiago** had 25 points, nine rebounds and six assists.

Following its game at Otterbein, B-W will host Muskingum College on Saturday, Jan. 10 in Berea at 3:00 p.m. in OAC action. The game will be televised via tape delay by SportsTime Ohio (www.sportstimeohio.com). **For more information**, please call your local cable, Dish TV or Direct TV provider.

Women's Basketball Update

The B-W women's basketball team, 7-5 overall and 2-3 in the OAC, hosts Otterbein tomorrow evening in Ursprung Gymnasium at 7:30 p.m. Fans can listen to the game via the WBWC Web site at www.wbwc.com.

The women last played on Jan. 3 when they beat Heidelberg College, 91-41, in Tiffin. B-W was led by freshmen forwards **Mariah Strayer (Bellevue)** and **Catherine Spisak (Sandusky/ St. Mary's)** with 10 points each. Fourteen of 15 players scored.

Last week, the B-W women travelled to Texas to compete at Trinity University in the two-day Texas Challenge. In the "Longhorn State", B-W defeated host Trinity (Texas) University, 72-57, on Dec. 29 and then defeated Mary Hardin-Baylor (Texas) University, 74-67, on Dec. 30. Highlighting the trip was senior guard **Jessica Butzer (Orrville)**, who had a career-high 17 points versus Trinity and then reset her career-high with 24 points in the win against MHBU. Prior to the Heidelberg game, **Butzer** was averaging 17.3 ppg. in her last three contests.

Following their game tomorrow versus Otterbein, the Jackets travel to New Concord to play Muskingum College on Saturday at 3:00 p.m..

Swimming Update

The men's swimming and diving teams are on their annual Florida winter training trip in Clearwater from Jan. 1-11. The Yellow Jackets will compete in a quad meet in Tampa on Jan. 10 at 11:00 a.m. and then return to Ohio the next day.

To date, the B-W men are 4-1 overall and 2-0 in the OAC in dual meets while the women are 1-4 overall and 1-1 against the OAC.

The Yellow Jackets last competed on Friday-Sunday, Dec. 5-7, at the Fredonia State Blue Devil Invitational. Senior **Sean Sonnenberg (Napoleon)** and sophomores **Hector Diaz (El Paso, Texas/Cathedral)** and **Todd Richert (North Royalton)** were each double-winners for the Brown & Gold.

The next home meet is on Friday, Jan. 16 when they host Case Western Reserve University at 6:00 p.m. in the Natatorium.

Indoor Track Update

The indoor track season begins on Jan. 23 when B-W hosts its annual Mid-January Meet on the Harrison Dillard Track in the Lou Higgins Center fieldhouse. The Mid-January Meet is one of four home meets this winter. The others are the Feb. 6 Yellow Jacket Invitational Meet, the Feb. 13 Mid-February Meet and the Feb. 20 Greater Cleveland College Indoor Championship Meet. All four meets usually begin with field event activity at 5:30 p.m.

Terence Haynes is in the Spotlight

Junior heavyweight wrestler **Terence Haynes (Brunswick Hills/ Glenville)** was featured on WOIO TV-19 on Friday, Nov. 21 and was filmed by an ESPN TV crew at the R.I.T. Tournament for the *ESPN THE MAGAZINE* show, E60. An ESPN crew will also be on campus next week (Jan. 11-15) to interview Haynes and some of his Yellow Jacket teammates, catch him on campus and in the classroom.

Happy New Year!!!