

Strong Is The New Pretty



Bella Mitchell, 11,
Bella became the first state champion in the 161lb. weight class in Colorado history for girls wrestling. She said, "Wrestling has been with me for 6 years and it has helped me grow as a student."

Gabriella Norman, 11

"I started wrestling because I wanted to be different and stand out from the rest."



Angelique Norman, 10

"I continue to wrestle because of the feeling I get when my hand is raised in victory."



Victory is The Goal *Adventure Gets You There*



With every match and every round you have to give your full effort. The long three round battle comes with no breaks. Personality shines through each fighter showing their commitment to the sport. Wrestling brings out the heart in people and teaches them to never quit. The Vista wrestlers say their lessons learned on the mat are applied throughout their life as well. Strategy and mental strength is the key to being a successful fighter. Physical strength also helps but the way you approach each move and see your opponents next move is all played out through your mind. When two opponents face off on the floor, wrestlers get what they give, so they have to train hard to raise their arm in victory.





1 Photo by John Tuttleman



Rise Up

1. **Isaiah Stubblefield, 9**, picks up the DCC wrestler and is ready to slam him down at the Discovery Canyon tournament.
2. **Damion Lee, 9**, uses all his strength to hold down his opponent in black.
3. **Tyler Bemrose, 11**, headlocks Pine Creek's fighter in his arms and battles for victory.

4. **Ian Faler, 11**, squares up to get ready to defend his mat for the home fight at the Vista duel.

5. **Kaileigh Morrison, 10**, takes down the Spartan's wrestler in the First First Annual Girls Alpha Throw Down.

6. **Amya Norman, 9**, arm bars her opponent in brown also at the Girls Alpha Throw Down.



6. Photo by John Tuttleman

SENIOR SPOTLIGHT



JAMES BULLOCK

"I have wrestled for six years .One of my biggest achievements was winning the David Callas Award. I continue to wrestle day in and day out because after a long day I can take out my frustrations down on the mat. My senior season has truly been one to remember."



Designed by: Karissa Martin '21