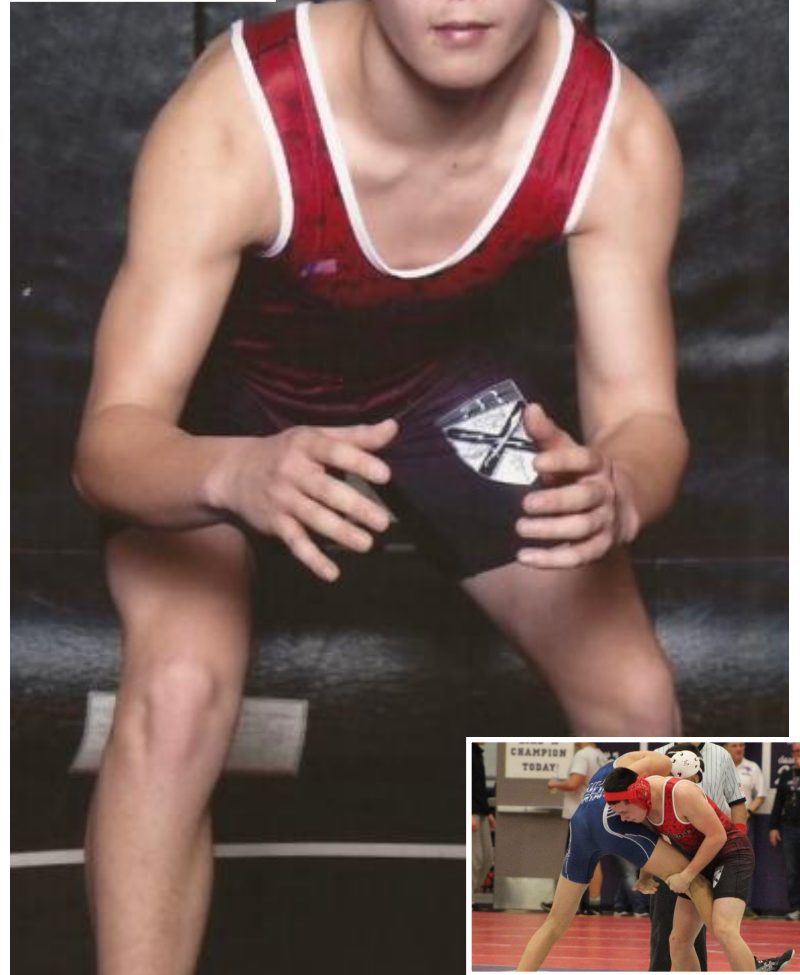
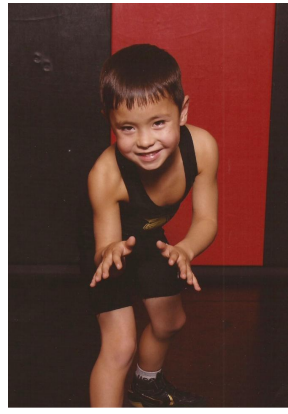


OUR STORY STARTS HERE, YOUR STORY STARTS NOW



"I first started around fifth grade. I wrestle because it keeps me active. It keeps me in great shape and teaches me discipline. It has taught me how to control my diet and weight. My biggest challenge is myself. Everyday it is you competing by yourself, and you have no one else to blame but yourself when you lose a match. I think the hardest part of it all is when you lose. It is a big commitment. Your dedication has to be on point. It's six days a week including Saturday. When we get out it's already dark and cold. On Saturdays we have to be at school at 5:30 AM. What makes all of this worth it, is being able to stand in the middle of the Pepsi Center while a lot of people are watching. Last year I was able to make it to state, this year I hope I make it again and maybe even place this time. I want to try and get back the APS trophy we lost last year."

Spencer Ohu, 11th

OUR STORY STARTS HERE
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"Actually, this is my first year wrestling. I joined because I felt it would make me a better athlete in general with the amount of training plus physical and mental discipline. I feel like it will prepare me mentally and physically for football. I also wanted to be a three sport athlete. I think the most challenging thing is getting the technique down. Everyone thinks it is about size and strength but it's more about how perfect your technique is. This is by far the hardest sport I have ever done. It takes a lot of talent and dedication. My goal for this year is to compete at varsity level at some point."

Nicholas Green, 11th



"I believe this will be my sixth year wrestling. The most challenging part of it has been continuously maintaining the same weight throughout the year. Depending on how you take challenges when you first start, it can be a little hard to stay committed to it. I have been doing this for some time so I have gotten used to it by now. My goal for this year is to compete in state. I have already competed at state level for little leagues but not yet for high school."

Eric Holt, 10th

DEC. , JAN. , FEB.

YOUR STORY STARTS NOW

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