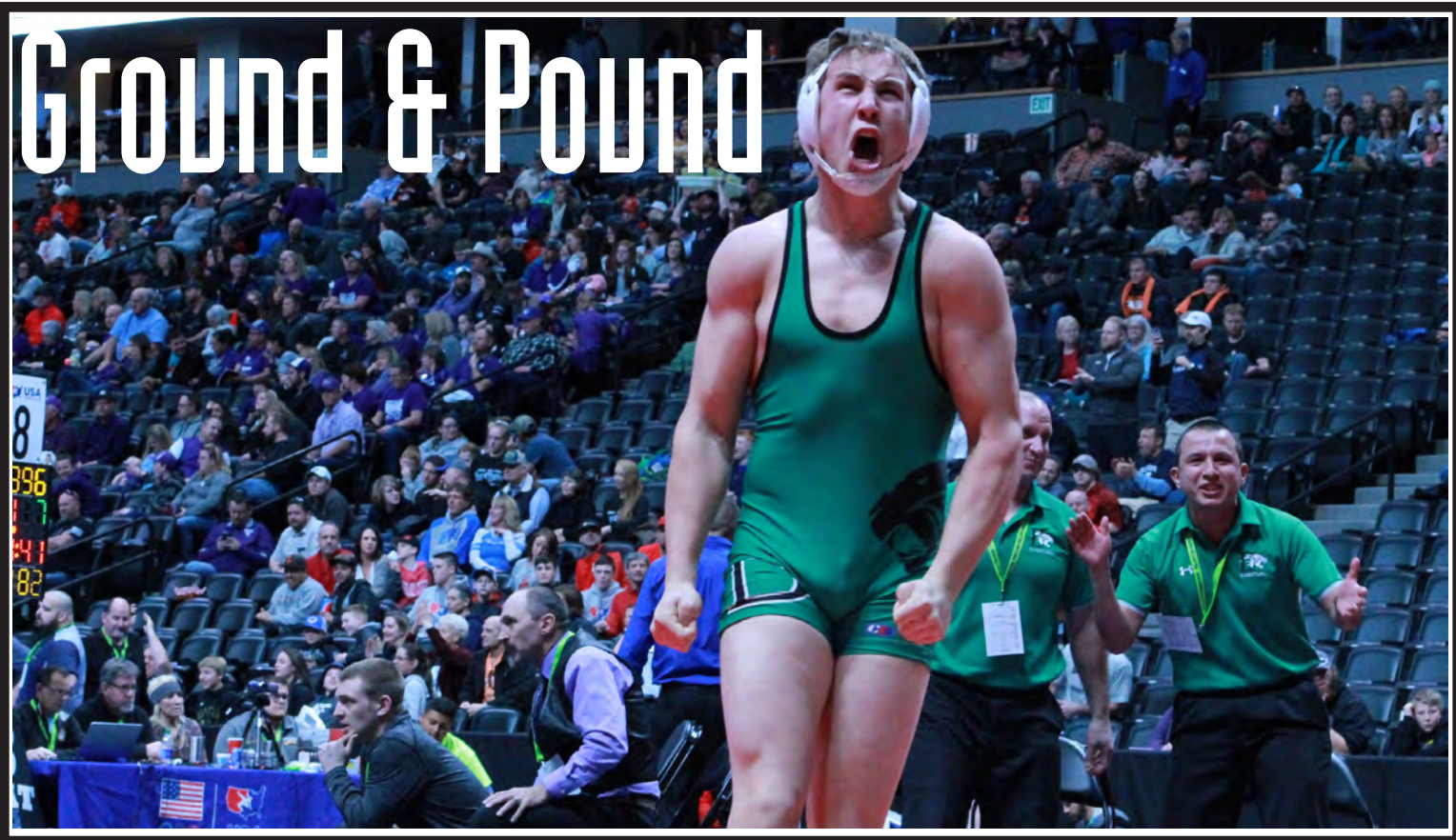


Ground & Pound

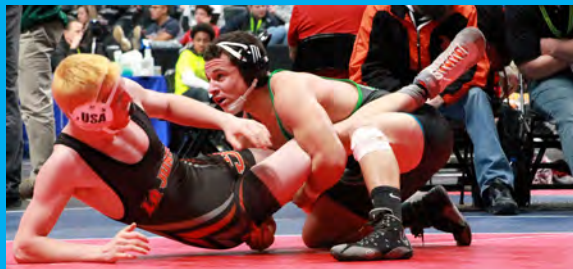


Gauge Lockhart shows his pride after he takes third place at the state tournament, pinning his final opponent on February 23 in Denver. "It was a great feeling right after I won. I don't remember much I was just living in the moment," said Lockhart. *Photos by Alyssa Trujillo*

Aiden Barrios

This year Delta High School had five qualifiers for State. Leading the team and the school to the win, Aiden Barrios shouldered the responsibility. After an amazing 39-9 record and a 4th Place finish at State at 170 pound, his senior year his win is well-deserved. Barrios began to take the rigorous sport seriously in 7th grade and has grown to be two time regional champion, although that journey hasn't been easy. "I was just looking for something new, you know," Barrios said. Although every sport takes dedication and time, wrestling differs because your body is your only equipment. "I always worked on that (techniques). You know, trying to stay or get in better shape, improve my techniques so that I can be the best," Barrios said. Although the pressure from his studies and playing the sport can be a lot, his parents and coaches are always pushing him to be better. Barrios extends his motivation to his team and currently holds the takedown record of 107 takedowns. "(To win) Just takes a lot of hard work, going that extra mile."

What It Takes To Win Gauge Lockhart



Senior Aiden Barrios wrestles his way to the top. On February 23, Barrios placed 4th at the State Wrestling Tournament at 170 pounds.

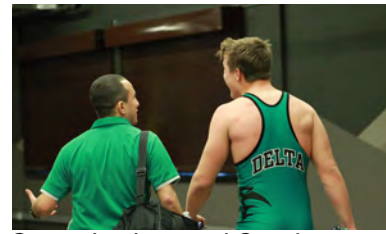
"Just keep grindin' it out."

-Aiden Barrios

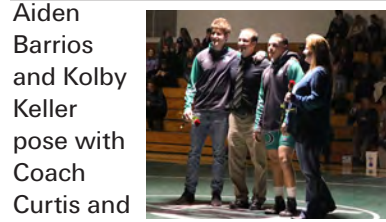


Gauge Lockhart pins a Bayfield wrestler on February 23, 2019 at the State wrestling tournament, taking 3rd place overall.

For the Delta High School wrestling team, it's all about grinding it out, and Gauge Lockhart does just that in his junior year. Gauge had a stellar junior season with a record of 35-12, getting 21 pins, and finally placing 3rd at the state tournament at the weight of 195. Gauge started wrestling when he was little and the love for the sport grew as he got older. "The physicality and competitive nature of the sport really stuck out to me," said Lockhart. There have been many people to help Lockhart throughout his journey: his two high school coaches Meza and Curtis, former state champion Logan Church, and team captain this year Aiden Barrios. "What does it take to win?" "It takes the will to grind it out. It takes hard work and dedication in the weight room and mat room. You have to go into every match having the confidence that you're going to make your opponent quit," said Lockhart.



Gauge Lockhart and Coach Meza walk down the Pepsi Center Tunnel moments after he took 3rd.



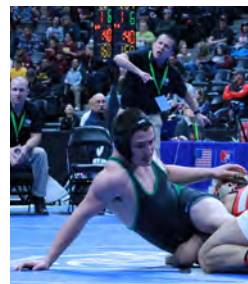
Aiden Barrios and Kolby Keller pose with Coach Curtis and parent on senior night at Delta High School on January 10th against the Palisade Bulldogs. Barrios won his match that night.

"How important is it to have a good player and coach relationship?"

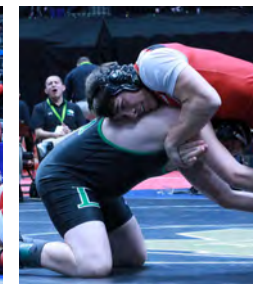


"I think in wrestling, more than any other sport, it's very important because in wrestling it's such a physical sport, you're going to battle everytime. It's a very important thing to have that relationship in wrestling. I mean I look at all these kids as my own. We're a family here," said Coach Curtis.

How did it feel when you qualified for State?



Jeffery Griffith
"Good, I enjoyed getting to go and it was a good experience. It was difficult not making it like through state, but knowing that I'll go next year it'll be fun and enjoyable."



Eli Miramontes
"It was like the craziest thing because my season wasn't the best. But qualifying to go to State and have that, like, honor with me, it was crazy."



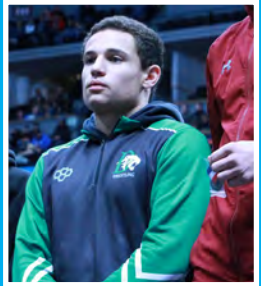
Ben Koch
"When I qualified for State, it felt pretty good because last year I was injured. And I got injured at Regionals and it took me away from qualifying my freshman year."



Girls State Champion, Nicole Koch

One of Delta High School's few female wrestlers ever, Nicole "Nikki" Koch, placed 1st at the Girls State Wrestling Tournament. Koch made an impressive accomplishment, especially since she's a freshman. Koch had an amazing season and eventually beat every other Colorado female wrestler in the heavy weight division on February 9, 2019. Koch poses with her brother, who's also a state qualifier, Ben Koch.

Aiden Barrios



2018-2019 Season

Team	Delta	Opponent	Platte Valley		
Bayfield	13	6 Eaton	12	0	
Coal Ridge	9	1 Bennet	15	3	
Coal Ridge	3	24 Montrose	6	2	
Meeker	13	4 Montrose	4	3	
Hotchkiss	10	6 Eaton	3	1	
Olathe	16	4 Weld Central	4	8	
Rawlins	3	1 University	18	3	
Grand Junction	5	12 Holy Family	10	3	
Pagosa Springs	9	4 Eaton	6	2	
Pueblo	0	3 Paonia	2	4	
Cedaredge	2	36 Basalt	1	19	
Meeker	11	3 Bayfield	26	11	
Cedaredge	0	32 Montezuma-Cortez	19	7	
Union	16	1 Pagosa Springs	10	3	
Maple Mountain	27	2 La Junta	4	3	
Montrose	4	26 Berthoud	22	7	
Syracuse	3	1 Fort Lupon	3	1	
Uintah	4	2 Bennet	0	28	
Soroco	1	3 Holy Family	4	3	
Olathe	2	1 Berthoud	0	1	
Air Academy	2	51			

Freshman Timothy Horn pins an opponent from Palisade. On January 1, Delta hosted the Palisade Dual and Horn won his match.



Delta Varsity Wrestling Team

Top Row Left to Right: Coach Meza, Coach Fantin, Brandon Butler, Gauge Lockhart, Eli Miramontes, Coach Curtis, Manager Alyssa Trujillo Bottom Row: Colby Wilson, Timothy Horn, Aiden Barrios, Nicole Koch, Jarrin Crandall, Ben Koch