## **1...DOWN TO THE LAST**

SECOND While wrestling Riverdale High School, Hector Magana (12) maintained the top position against his opponent. Magana said, "I didn't know what to expect going into my first year [wrestling], but once I started to \_ get the hang of it, I really liked it and wish I would've started freshman year." 2...THE CHALLENGE Coach Mustari urges EAK DOWN

Jake Hergenreter (9) to "break" his opponent from University High School. Breaking one's opponent is a term used by coaches to motivate the wrestler to beat their opponent. Hergenreter said, "I enjoy the challenge of wrestling and my mindset this year was to do my best and work hard every day."

3...INSPIRATION Winning the match by a pin against University High School, Zach Lampe (11) said, "My grandpa inspired me to wrestle and my goal this year was to place at state."









...MORGAN TRIBBETT (9)



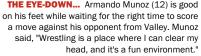
BATTLE TILL THE END...

position, Thomas Mongan (12) scores a win against his Highland High School opponent. Mongan said, "I wrestle because it's fun and it brings me closer to my teammates. I also like the challenge and I take pride in wrestling."



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Cael Jordan (11) wrestle





ACH LAMPE (11), LUCAS CASS (10), & LANGDON BEAN (9)

ARMANDO MUNOZ (12) TANNER TRUE (11), & ALEX CASTANEDA (10)

TRIM LINE

ZACH LAMPE (11)



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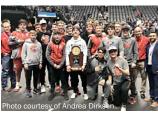
**TOP OPPONENT**... Ryan Dirksen (10) continues to stay on top while the ref calls a pin against his Highland opponent. Dirksen said, "I enjoy the hardwork and the grind of every day in practice. The little kids that wrestle inspire me to lead them or into a great sport." Dirksen was the 2020 Class 3A State Champion in the 145 weight class.



## **OWNING THE MAT •••**



**NEVER STOP STEPPING...** As Garrett Bean (12) pulls his opponent from Platte Valley over to his back, he forms a lead for the Reds. Bean said, "My dad and brother inspired me to wrestle because I saw how it changed them into the people they are today. This year, my mind set was just to keep getting back up and keep fighting no matter what happens."



FOLLOW THE PATH OF CHAMPIONS.. Eaton Reds won their first Class 3A Team State Championship in school history. Individual placings were: Ryan Dirksen (10) State Champion, Tanner True (11) 2nd place, Cael Jordan (11) 3rd place, Alex Castaneda (10) 4th place, Morgan Tribbett (9) 6th place, and Logan Bean (12) 6th place.

TRIM LINE

l'd Rather Throw Ya Than Know Ya

DAKOTA POWELL (12)

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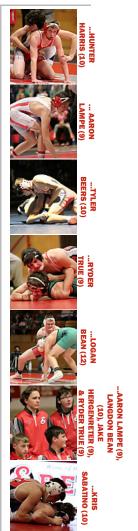
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1...CARING COACHES Zeekial Burgess (12) stays quick on his feet against his Valley Viking opponent. Burgess said, "Once I started wrestling, the person who made me want to keep going was Coach Mustari and all the other coaches because they really care about all of us."

 FLIP FIVE Alex Castaneda (10) scores a five after flipping over his opponent from Valley High School.
AIMING BIG By maintaining the top position,

3...AIMING BIG By maintaining the top position, Logan Heinz (9) never gasses out and ends up winning the match. Heinz said, "My mom and dad inspired me to wrestle and my goal this season was to make weight every time as well as doing my best."

4...THAT FEELING Tanner True (11) takes a tough win against his University High School rival. True said, "I wrestle because it is one of the most satisfying feelings when you win. This season I wanted to win a state championship as a team and as an individual."



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