

WRESTLING

getting the grapple

Wrestling is a sport that heavily relies on strength and fitness. However, there's more to the sport than just brute force and raw power. As a wrestler, you are also **part of a team** even though you compete by yourself. Tallis Hyer (8), was part of the team this year. "My favorite part was probably going to the away meets with my friends and seeing friends from other schools," Hyer said. All wrestlers go through a grueling process over the course of the season. They have to maintain a certain weight, stay fit, and keep working on their skills in order to be as prepared as possible for matches. "My main tactic was just to **get angry** before a match," Hyer stated. Tallis was also the only female athlete on the team. However, that definitely didn't stop her from dominating on the mat. "My favorite part about matches was probably when I would win against the boys. It made me feel happy because I was around friends and it made me **feel supported**," Hyer said. There's no doubt that wrestling requires competitors to give it their all 100 percent of the time. However, athletes like Tallis and her fellow teammates are definitely up to the challenge.

Photo by Addison Solomon



EMERGING STATS

SEASON RECORD **18-0**

3RD CHAMPIONSHIP IN A ROW

WARMING UP

for a tussle



1. "We did gymnast warm ups like cartwheels, dive rolls, and all of that. The coaches would say to remember your moves, don't try anything you don't know, and stay in a positive mindset." -Teagan McNellis (8) 2. "I just get my agility up and do stretches and stuff. Before everything, we would run around in a circle." -Braydon Burns (7) 3. "We run around and jump a lot. We do lots of stretches, and there is a whole routine." -Colin Fick (8) 4. "Honestly, we just made fun of each other and messed around. We just did warm ups like stretching out." -Brodin Dodge (7) 5. "I would stretch a lot and get into the right mindset to wrestle. The coaches gave us a lot of encouraging words." -Grady Gonzales (7)

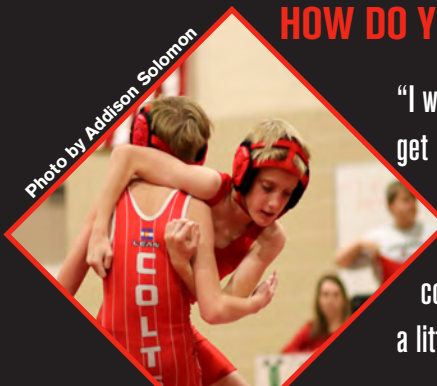


Photo by Addison Solomon



Photo by Jacob Giarratano

"I would practice a lot. I would get some friends and go into my basement with mats and roll with them. I would just do a couple of moves and run around a little." - **Dominic Creed (7)**

"I was dreading when I had to weigh in because I hoped that I would make weight. I had to run in sweats and eat healthy, but I didn't do all the other stuff, like bathe in Epsom salts." - **Deacon Anderson (8)**

always ON THE GRIND



Photo by Emma Haselhoff

"We had to usually eat some different meats to stay in our weight class and go on jogs every morning. It was just fun to do." - **Aiden Griffin (8)**



Photo by Emma Haselhoff

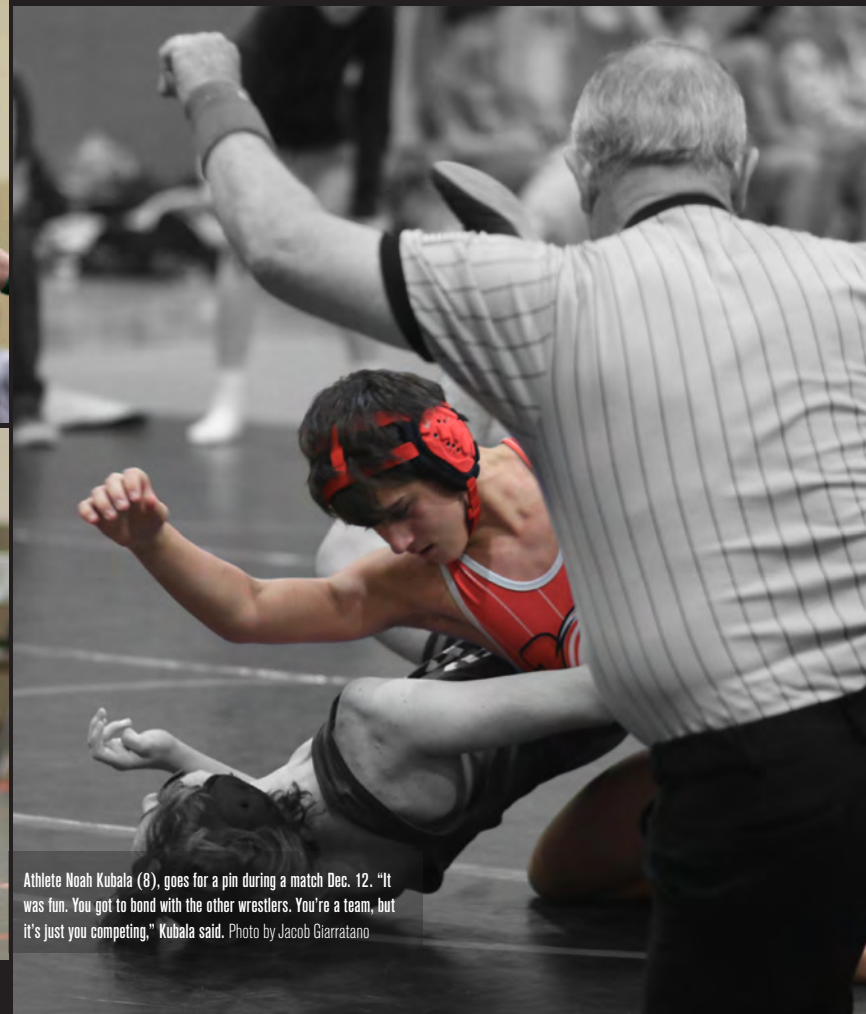
"They definitely want you to keep eating a lot or less depending on what weight class they think you should be in, and it's just a bunch of conditioning, running, and working." - **Cole Frandsen (7)**

1) **A Tenacious Team** Wrestler, Hayden Haase (8), grapples his opponent Nov. 13. "Something unique about wrestling is getting to meet new people," Haase said. Photo by Emma Haselhoff 2) **Never Underestimate** Competitor, Arden Mann (8), attempts to bring his opponent to the ground Dec. 12. "You never know how good an opponent is going to be until you

actually wrestle them," Mann said. Photo by Jacob Giarratano 3) **In Control** Wrestler, Trevor Gondek (8), fights to keep his opponent on the ground during a meet on Nov. 13. "I liked being able to get my own results and win my own matches," Gondek said. Photo

by Emma Haselhoff 4) **Valiant Victory** Wrestler, Cayden McNellis (8), has his arm raised by the official after winning a dual Dec. 12. "The coaches were very supportive about you, and they would always hype us up at every dual, and they would always make us feel good when

we won," stated McNellis. Photo by Addison Solomon 5) **Keep Fighting** Wrestling competitor, Kole Bauman (6), gives all of his effort during a match against Sierra Middle School Dec. 12. "Well you just have to keep your head up, and if someone's beating you or you're hurt, if you just keep fighting then you can win," Bauman said. Photo by Addison Solomon 6) **Reach For Your Record** Competitor, Nathan Andersen (8), puts his opponent in a headlock Nov. 13. "It was really fun to try to beat your pin record. For me it was like 10 seconds," Andersen said. Photo by Emma Haselhoff 7) **Throwing Down** Athlete, Declan Strait (7), throws his opponent to the mat on Nov. 11. "You can build good relationships with your teammates, and it builds your work ethic," Strait said. Photo by Emma Haselhoff



Athlete Noah Kubala (8), goes for a pin during a match Dec. 12. "It was fun. You got to bond with the other wrestlers. You're a team, but it's just you competing," Kubala said. Photo by Jacob Giarratano