

# Trail Tough

## The mentality of a varsity wrestler

**T**here was said to be a tremendous challenge in being a wrestler; a challenge of physicality, mentality, individuality, and the strength within each of these aspects. The strain that came with this sport was what allowed these athletes to build character.

"It's made me have to own up to my mistakes because in a match, you are the only one to blame if you lose. I've built so many relationships and I know I can depend on everyone whose been through that room or has graduated [to have] my back," Austin Kammerer (12) said.

Some athletes made use of wrestling as a mental tool to push themselves.

"Wrestling is beneficial to football which is why I originally wanted to wrestle. But I realized wrestling is the hardest sport you can compete in, which is why it is so significant to me because it changes your attitude, makes you become hardworking, and it changes the way others view you because they know the difficulty," Austin Jandik (12) said.

Many people found this sport to be interesting because of the tight uniforms and the intimacy with an opponent, but these exact factors were the same reason that wrestlers had more appreciation for the sport.

Wrestling, though an individual sport, had a team effort maintained by people like team manager, Jayden Leonetti (12).

"Me and the other managers are basically Buck's minions... We help him with any of his coach needs, as well as taking care of the boys. We've got to record states, make sure the wrestlers have access to their videos and we're mat maids as well. We wash singlets, wipe the room every week and do basic chores to keep a clean environment for the boys. We score, but we're pretty much the boys' biggest cheerleaders. It can be stressful at times but it has been so beneficial throughout these last four years of high school. I've found some of my best friends, people I enjoy being around and overall a second family," Leonetti said.

Wrestling could be tough sport for all: the players, the coaches, and the managers. However, despite the fact that it was challenging, many involved enjoyed it.



**Buck's Boy** Coach Jeffrey Buck (Staff)'s son, Matthew Buck (10), steps up to the mat, ready to face a Raptor rival. "Being the coach's son has opened up many opportunities and created a stronger relationship with my dad by traveling together and spending so much time with him. I honestly love how coaches push me harder because they know how hard I want to be the best. I've learned a good work ethic and many life lessons," Matthew said. Buck had been in love with wrestling since the seventh grade.

Photo by M. Ballard

**Firing Up The Team** Daunte Robbins (12) yells and hypes up his teammates for the upcoming matches. "It has put everything into perspective for me because after wrestling, everything is much easier. Wrestling is definitely the hardest thing I have ever done," Robbins said. Robbins started wrestling his sophomore year with the intent to improve his football career. Despite the fact that wrestling is an individual sport, there was still a team aspect to it and the boys could count on each other to cheer them on.

Photo by T. Wynne



**Kammerer The Hammerer** Just before he pins his Cherry Creek opponent to the ground, Austin Kammerer (12) puts in his all for his last year. "This is an outlet that lets me see that I can push through whatever because I have never given up. You can see and feel your growth, which is so awesome," Kammerer said. Kammerer was a four-year letterer for wrestling with three years on varsity.

Photo by T. Wynne

# 81 goes D1

A double threat athlete on the football field and the wrestling mat



**The Hart Of Hearts** On the sidelines of a wrestling match, in the middle of four seniors, Samuel Hart (11) focuses on his teammates on the mat. "Wrestling is a lot of fun, it's more individual. You've got to push your brothers and push yourself mentally and physically," Hart said. Since Hart was three, he loved to wrestle. Though he enjoyed the team effort in football, wrestling was an independent sport.

Photo by T. Wynne



**A Brotherhood On The Field** After a play at Legacy Stadium, Samuel Hart (11) and teammate Jayden Lavigne (11) prepare before lining back up. "With football, you've got to count on your brothers and you've got to have your brothers count on you. This sport has brought many friendships and offers," Hart said. Hart wanted to attend Ohio State University because he believed he would enjoy himself the most there.

Photo courtesy of E. Williams



**Division One For Two Please** Julian Williams (12) and Samuel Hart (11) sit on the sidelines of a wrestling match, side by side. "Sam is a brother to me, he's a great athlete. I have watched him grow throughout the years and he deserves all of these achievements that his hard work has brought," Williams said. In football and in wrestling, the two were always caught together. Like Williams, Hart wanted to make it into a division one college.

Photo courtesy of E. Williams

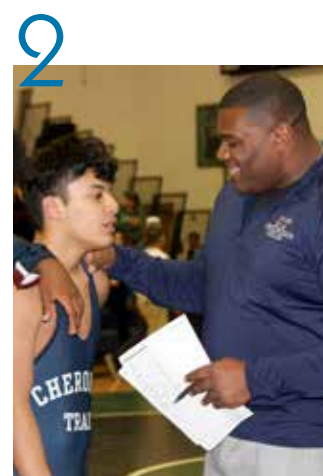
# Easy As 1,2,3

## Day in the life of a JV wrestler



**1 Push Through Pain** After getting elbowed in the face, Nate Jackson (9) chose to finish his match. "At that moment in my mind I was like, I need to keep wrestling. I can't give up. Krause and Coach called me over to check on me, but I told them I was good, I kept wrestling and I ended up pinning him," Jackson said. Just like most sports, wrestling could cause injuries; but it's up to the wrestler to know their limits and finish the match if they can.

Photo by M. Ballard



**2 Demanding Dedication** Coach Childs talks to Javier Marin Jr. (9) after his match. "Out of all the sports I've played, I'd definitely say that wrestling is the most physically demanding one and it takes a lot of dedication and commitment," Marin said. Unlike other sports, wrestlers did not have a group to pick up their end, it was a one-man sport.

Photo courtesy of E. Williams



**3 Williams With The Win** A legacy in the making, Ellis Williams (9) takes the win. "I've been wrestling since I was six. I wrestle because it makes me better at football and it makes me push through no matter what as an individual," Williams said. Wrestling was Williams' tool for molding himself into a better athlete on the field. Williams hoped to go to a division one college.

Photo courtesy of E. Williams

073  
january sports  
p. by M. Ballard, L. La Frombois, M. Harris

9

COLOR

Run Prepare for Submission for Color ID information.

Job No.: 043840

Page No. 72  
(even pages)

School Name: Cherokee Trail Highschool

Run Prepare for Submission when this spread is complete to submit to the plant. Using PFS will help ensure your pages print without delays.

Names of tagged colors should appear in this box.

TCID:PP

Spec. Instr.

YearTech  
ID CC 2019  
Windows

JOSTENS

Job No.: 043840

Page No. 73  
(odd pages)

School Name: Cherokee Trail Highschool

Run Prepare for Submission when this spread is complete to submit to the plant. Using PFS will help ensure your pages print without delays.

TCID:PP

Spec. Instr.

COLOR

Run Prepare for Submission for Color ID information.

Names of tagged colors should appear in this box.

9

YearTech  
ID CC 2019  
Windows

JOSTENS