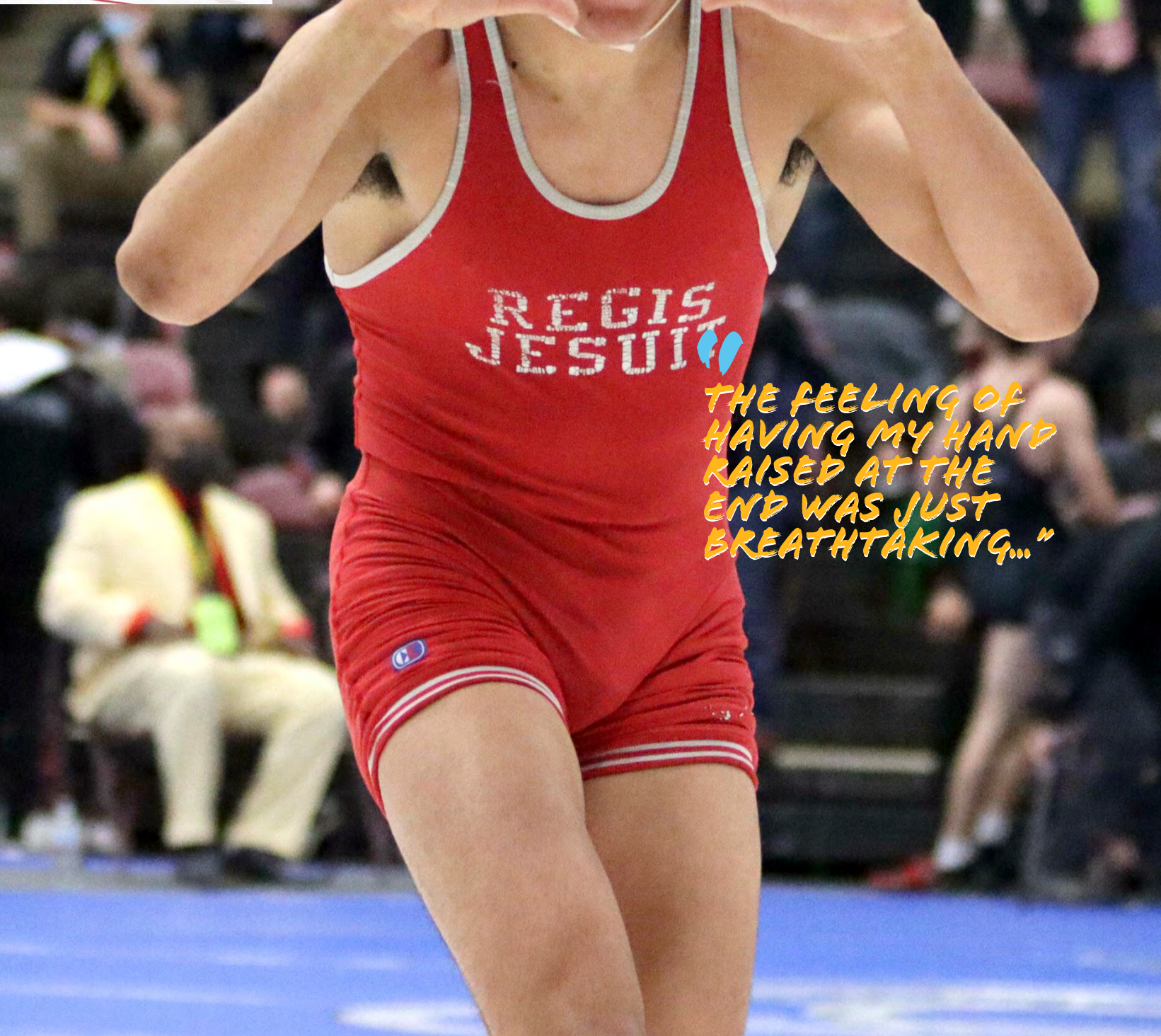


ANTONIO PERFORMS A SINGLE LEG take down, on Horizon's Grayston Diblasi, to put him in the lead to win the state title **AFTER WINNING HIS THIRD STRAIGHT** state title, Antonio Segura finds the cameras and poses, throwing up 3's. COVID-19 didn't allow for there to be a student section, so Antonio found a different way to celebrate his remarkable win. Photos by Jespyn Bishop, Brighton High School



THE FEELING OF HAVING MY HAND RAISED AT THE END WAS JUST BREATHTAKING...

3 STATE CHAMPION ANTONIO SEGURA

BY GRANT BARNES '23

Antonio Segura '21 has worked for nearly a decade on perfecting his pre-match routine which brings him into focus and gives him a positive outlook before his matches. In a year that has not been routine, he has managed to be consistent in maintaining his focus, positive outlook, and success on the mat.

WITH HIS MUSIC CRANKED UP, A TRADITIONAL SMACK TO THE FRONT OF HIS THIGHS, AND A SMILE ON HIS FACE, HE IS READY TO WRESTLE AND WIN HIS THIRD STATE TITLE. "IT'S SHOWTIME," HE SAYS OUT LOUD AS HE STEPS ON THE MAT.

Senior Antonio Segura dedicated countless hours to his training both on the mat and in the weight room. His dedication to the sport always kept him training to be on top of his game and one step ahead of his opponents. Since his freshman year, Segura spent over five days a week practicing and competing both for Regis Jesuit and for his club, perfecting his moves.

"When most kids sat on the couch or went on vacation during breaks or the summer, I would go to the (wrestling) room and train or travel the country searching for the best competition," he said, adding that he thought he may have spent more time inside the weight room and wrestling room than his own bedroom.

Segura's tireless efforts put into honing his wrestling skills paid off on the mat under the biggest lights. But Segura never wanted wrestling to be just about medals. He acknowledged there was more for him to gain from wrestling than just showcasing his skills; it also developed who he is as a person.

"For every sacrifice I made, I

knew there was going to be a payoff whether it was the next day, week, year, or even decades later. I was not only building my wrestling mind and body but also my character," Segura said. "The commitment and effort may not be for everyone, but anyone no matter grade, gender, or weight should at least give it a try.

This last year the pandemic interrupted the typical wrestling season everyone was expecting. With the season delayed for a full year, training felt like it was at an accelerated pace once it began.

"It enhanced the pacing of the season intensely and our daily practice life, but I loved it as it was always a grind!"

During this COVID-19 wrestling season, the adjustments implemented to ensure a safer season required wrestlers to wear masks to check-in and sometimes throughout the match, socially distant weigh-ins involving a few randomly selected weight classes at a time, and a change in venue for the state tournament. Without the typical crowds at the state tournament, the atmosphere was very new for all wrestlers.

When the state wrestling tournament took place from March 11th to March 13th, Antonio Segura was grateful to not only be able to wrestle but to also make it to the finals. Without knowing how his final match would end, he was appreciative for his coaches for helping him to get to where he is. Especially Coach Bieshaar and Coach Grant Neal who helped him get recruited for college. He is also grateful for his teammates, family, and God for supporting him along the way.

Then as his match was ready to begin Segura said to himself his "positive affirmatives" such as "I'm grateful for this opportunity to compete and shine" and "No one can stop me because I believe no one

can" to fill his confidence and set a positive mindset.

After the full six minutes of the last match and a final score of seven to four, Segura had done what many could never do. "The feeling of having my hand raised at the end was just breathtaking. It meant that I had gone from not placing my freshman year to winning my third consecutive State title as a senior which will live on for a long time," Segura said. Right after the match he celebrated with Head Wrestling coach, Coach Bieshaar, jumping into his arms telling him excitedly and repeatedly, "thank you for everything" and "we did it, we got our third freaking state title!"

Segura finished his high school wrestling career with not one, but three state titles in a row and a record of 141 wins despite this shorter season (not counting his time before and outside of Regis Jesuit). **THIS MAKES HIM 2ND PLACE FOR TOTAL WINS IN REGIS JESUIT HISTORY.**

As for Segura's future, he plans to continue his wrestling career along with his education.

"I plan to continue my career at the collegiate level and compete in D1 at American University in Washington, D.C. Possibly after I might chase Olympic and World team status, but that is a big maybe," he added.

Segura left his mark on Regis Jesuit and will be remembered for his remarkable achievements. His devotion to improvement has taken him far and is still helping him. Antonio continues to inspire and motivate future wrestlers to not only be like him, but break his records. He warned Regis Jesuit's future wrestlers to be ready and train hard for the next time he stops by the wrestling room saying, "You guys better be ready because I'm coming back."



ANTONIO JUMPS INTO COACH BIESHAAR'S ARMS, after winning state, saying, "we did it." Antonio and Bieshaar had won two previous state titles, but Antonio winning his third title and him being a senior made this win more emotional than ever. Bieshaar had become more of a father figure than a coach to Antonio over the course of Antonio's high school career.