

SPORTS

# PRIDE MEETS PASSION

Unlike many athletics where teams are going head to head with one another, wrestling consists of only two competitors competing at a time, putting full attention on the wrestlers out on the mat. Despite wrestling being a more individualized sport, the Reds wrestling team continued to have a great team dynamic throughout the season. Senior Alex Castaneda said, "It's 100% a team effort because it takes every guy in the room to make us as good as we are." Throughout the season, the team practiced and worked together to improve. Freshman Gunnar Clary said, "It's a really big team dynamic because even though it's an individual sport, we still have to rely on each other at practice to make each other better."



Jackson Tribbett (10)



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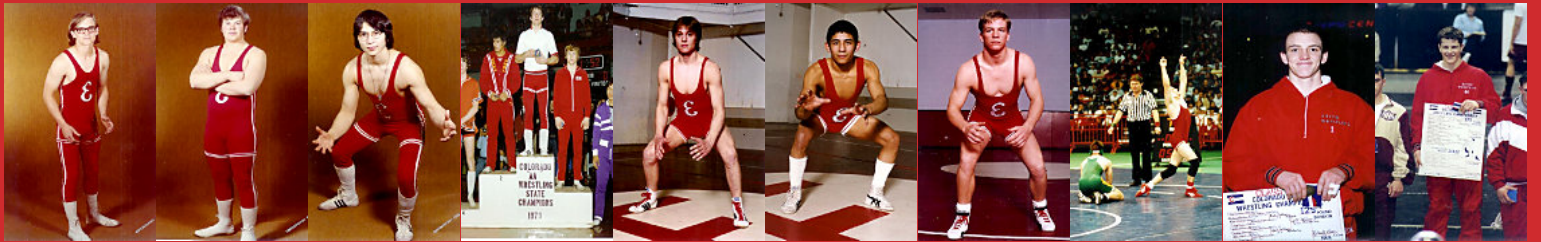
## EVERY MOVE MATTERS//

- 1. EARN IT//** During the dual against University, Patrick Preston (10) arm bars his opponent. Preston said, "The feeling when you see all the work you've done, cutting weight and wrestling in practice, pays off in a match."
- 2. RISE UP//** Jake Hergenreter (11) attempts a half nelson on his opponent from Highland. Hergenreter said, "Even though it's individual, we come together as a team like rooting for each other off the bench while each other's wrestling." Each individual wrestler's successes contributes to the overall team score.
- 3. OWN THE MAT//** Alex Castaneda (12) tilts his opponent during the match against Highland. Castaneda said, "A lot of it's mental, it's always a fight with yourself rather than going out there and fighting someone else. It's harder because you don't have a team backing you up, so it's just all on you, and there's a lot of pressure on yourself."



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## REDS REMEMBERED// STATE CHAMPIONS



1972 & 1973 112 lbs Rick Danielson    1972 HWT Terry Becker    1974 & 1975 126 lbs Oscar Aleman    1979 138 lbs Kirk Kindsfather    1985 185 lbs Kurt Carlson    1985 126 lbs Victor Fuentes    1989 189 lbs Jeff Blain    1995 126 lbs Doug Preston    2003 125 lbs Richard Lohr    2003 171 lbs Mark Unrein

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- 1. OUT ON TOP//** Ryan Dirksen (12) claw rides his opponent from Highland.
- 2. WHATEVER IT TAKES//** During the match against Delta, Bryer Barr (9) arm bars his opponent. Barr said, "The most challenging thing for sure is when you're on your back because most kids just want to give up, but you got to have that mental state just to fight through it and not give up."
- 3. ALL IN//** During the match against Weld Central, Jeremiah Phillips (9) cradles his opponent.
- 4. ROCK SOLID//** Cash Rinker (9) attempts to break down his opponent from University. Rinker said, "We're all really close, and it's pretty cool as a freshman just getting to hang with all the upperclassmen and everything."
- 5. READY//** At the beginning of the match against Wiggins, Lucas Cass (12) stands in the neutral position. Cass said, "A challenge for me was just to keep going. I've overcome it by just buying into the mentality and kept showing up. Gradually my mind set's gotten better."
- 6. OUTWORK THE COMPETITION//** Cal Sidwell (9) and his opponent scramble during the match against Wiggins. Sidwell said, "We have tons of team bonding moments, especially before practice, games, and just comradery."

### 3A STATE CHAMPIONS//



The Red's wrestling team wins the Class 3A Team State Championship. Individual rankings: Alex Castaneda (12) state champion in 132 lbs, Ryan Dirksen (12) state champion in 170 lbs, Ryder True (11) 3rd in 220 lbs, Patrick Preston (10) 5th in 126 lbs, and Gunnar Clary (9) 6th in 160 lbs.

### SPORT Q&A//

What is the most mentally challenging thing about wrestling?



**GUNNAR CLARY (9)//**

"Just going out there and competing by yourself, and knowing that it could go either way and you just have to trust in your training and do your best."



**HAYDEN VIGUERIA (12)//**

"Going into wrestling because I didn't know anything about wrestling, so I had to learn fundamentals my senior year."



**RYDER TRUE (11)//**

"The practices and working hard all of the time because it's a grind, and the mindset of pushing through the hard work."



**JACK DIRKSEN (9)//**

"Trying to cut weight and not over hyping yourself about matches."

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Reds Remembered Photos Courtesy of Doug Preston



2004 112 lbs Luke Hanna    2005 215 lbs Mitch Unrein    2005 HWT David Alvarez    2007 160 lbs Brandon Kammerzell    2009 189 lbs & 2010 215 lbs Bryce Kammerzell    2012 182 lbs Jaden Olearnick    2012 & 2013 220 lbs Dalton Shoop    2017 152 lbs Isaiah Salazar    2019 170 lbs Ty Garnhart    2020 145 lbs Ryan Dirksen