

Pin to the Ground

Being able to go to regionals can be a once-in-a-lifetime opportunity that not everyone is able to experience during their high school career. **Nathan Wheeler** said, “I was able to go to regionals. It was good. I wasn’t originally supposed to go, but I went up there anyway. Hanging out with my friends at the hotel and being there and having the experience just to go out there in Colorado Springs. I didn’t win a match up there. I didn’t expect to do that great but it was fun.” Regionals was not something wrestlers merely jumped into. Everyone in the state was working towards it for the entire season. For **William**, “The experience was, I don’t know how to explain it, but it was pretty stressful going in. Obviously, it’s pretty intense. The goal is to go to state.” William put a lot of work into getting ready for regionals and at state all that work was tested, which makes it a stressful but exciting experience. For **Dylan Licknoski**, “It was good the competition was different than all the other duels that we’ve had just because there’s more skill level and skill range, but overall it was a good experience and I got a lot to learn from it.” Regionals was a good way to see where athletes measured up against potential state competitors.



Samantha White

Jameson Lockhart (24), Austin McDonald (25), John Geraghty (24)



“This year had its ups and downs; however, the future is bright for the grapplers.”

taken away from experience

Hudson Smith (26), “It was fun and I got to learn a lot from it, and it made me a better person especially because of the coach.”



Lizette Cedillo (25), “Being with the other girls is nice they are friendly, and during the matches I have to be careful because I can get hurt.”



Joseph Lipshaw (24), “Definitely got a lot of life lessons...after taking wrestling, life becomes easier and the dedication becomes a part of you.”



Owen Moss (23), “If you want something you have to work for it, and if you don’t someone else will take your place.”



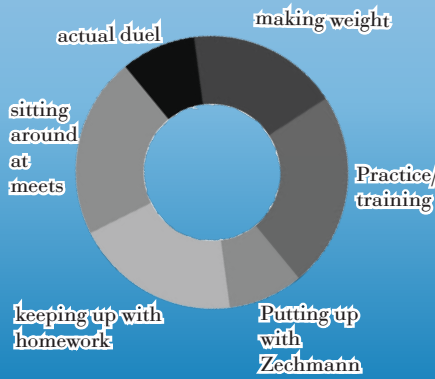
Manuel Lopez (25): 4th place in the Colorado State Championships.

“My favorite part of wrestling was the bonding with our team and the matches. We had to go against good wrestlers who were your size and you got to put effort into your work.” **Samantha** was able to place first in regions, “It was pretty cool and I didn’t think that it would happen because last time I placed third and there were a lot of girls that were a lot better than me, but I did practice every single day for around three hours and all that work paid off.”



Samantha White (24)

Wrestling Challenges



Challenge

Jack Goodwin said, "The practices were pretty hard because I had to make weight and conditioning."



Nicholas Penfold (26), Jack Goodwin (26)

Samantha said, "Breathing and conditioning because it is long and you have to put every ounce of energy into it."



Samantha White (24)

Joshua said, "Going against the ranked state guys was the hardest since they know how to wrestle."



Joshua Bishop (25)



Manuel Lopez (25)



Austin McDonald (25)



Sydney Wu (23)

Highlights



Xavier Nieto (23)



William Abrams (24)

Scoreboard

Boys	Wins	Loses
Abrams, W	20	21
Brown, E	21	19
Goodwin, J	17	27
Lopez, M	15	10
Tanner, C	20	9
Penfold, N	34	6
Pottorff, K	21	14
Smiley, M	25	12
Nesladek, D	13	6

overall 370-380

overall 89-70

Girls	Eagles	Them
Cedillo, L	12	13
Escalante, L	6	9
Friedman, T	10	12
Schimpf, K	14	10
Szabo, L	7	2
White, S	5	4
Windholz, A	13	13
Wu, Sydney	20	6
Ziegler, M	2	1



Mason Smiley (25), Cody Tanner (24)



Liliana Escalante (25), Sydney Wu (23)



Jaxon Barnes (24), Angel Patino (24)



Jaxon Barnes (24)



Mason Smiley (25)



Cody Tanner (24), Max Billingham (24)



Nicholas Penfold (26)

lights

"My biggest take away by doing wrestling is to never give up and always keep going no matter the odds"

-Cody Tanner (24)

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